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Bangalore Mirror

ON SATURDAY

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BBMP floats tender for thermoplastic painting of rambler strips, painting of humps & allied road markings

EYES ON THE ROAD

Unscientific humps kill motorists every year in city

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Here is good news for motorists who are finding it difficult to notice humps on city roads at night due to lack of proper lighting.

Unscientific road humps constructed on some of the roads have become back-breakers for motorists of late, especially two-wheeler riders.

If the Bruhat Bengaluru Mahanagara Palike's tender notification becomes a reality, motorists can see the humps on the road from a distance without any hassle and reach destinations safely.

On January 23, the BBMP floated a tender inviting bidders for providing thermoplastic painting for rambler strips, painting of existing humps, junction markings and all other allied road safety provisions as per traffic police requirements, in arterial and sub-arterial roads of all zones.

The cost of the project is estimated to be Rs 2.50

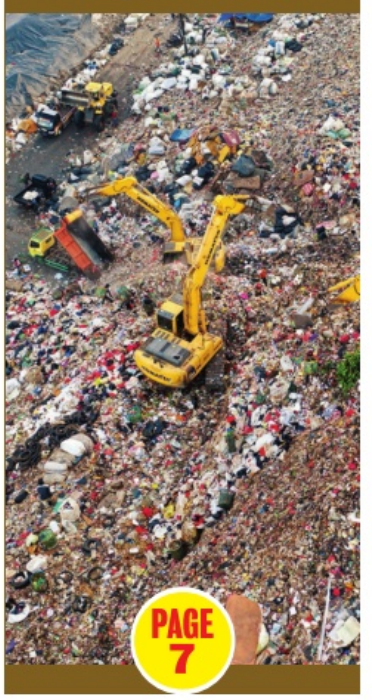
CONTINUED ON PAGE 8 »

JUSTUS MENKE/PEXELS

> "Painting humps on city roads will help motorists notice them from a distance..."
> —Dr Ashish Verma, professor, IISc

Green thumb

Makeover awaits city's landfills



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2 THINGS TO DO

01 Art of Mohiniyattam

If you are a bookworm and dance enthusiast, then don't miss this unique storytelling and dance performance by Shruthi KP. Vedathek Publishing House presents Shruthi's 'Mohini Made Friend'. Shruthi will present a storytelling session based on the book and a Mohiniyattam piece.

Where: Atta Galatta, 178, 5th Main Rd, Binnamangala, Hoysala Nagar, Indiranagar
When: Saturday, January 27; 11:30 am

02 Hip-hop time

Feel the vibrancy as Magique Koramangala presents Bollywood Mayhem Neon Theme Edition, featuring the sensational DJ Afterall. The renowned DJ is known for delivering unforgettable musical experiences and playing various genres such as hip-hop, house, EDM, and electronica.

Where: Magique Koramangala
When: Today; 8 pm onwards

Stay that's only for her

Following achievement of Kochi Corporation's first women-only lodging facility, female travellers are now urging BBMP to establish similar facility

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TWEETS @BangaloreMirror

While the dormitories are rented for a mere Rs 100 a night, single rooms are available for Rs 200 per night

After the massive success of the first She Lodge, an only women lodging facility that provides accommodation at prices as low as Rs 100, the Kochi corporation is contemplating the introduction of another such facility. With this, frequent women travellers to Bengaluru have urged the municipal body, Bruhat Bengaluru Mahanagara Palike (BBMP), to also come up with such a facility in order to provide them with a safe and affordable option of accommodation.

Keeping in mind that Kochi receives frequent travellers for work purposes and other engagements as the city is home to many infoparks and industries, the Kochi corporation introduced the She Lodge with extensive facilities—96 rooms and two dormitories—with amenities such as 24-hour security service, a library, uninterrupted power, and water supply. While the dormitories are rented for a mere Rs 100 a night, single rooms are available for Rs 200 per night, and double rooms with the capacity to accommodate two people cost Rs 350 per person. The facility hoped to help working women and students who were required to frequent the city from other areas.

The first She Lodge, which became fully operational in March last year, can accommodate 192 women on its premises. Since its beginning, the lodge has been fully occupied on most days. After meeting all the expenses incurred, the lodge also made a revenue of Rs 24 lakh in the first nine months of its operation. It was initially established by renovating the Libra Hotel, owned by the corporation.

> **"Such a facility will help those from middle-and lower-income backgrounds not burn a hole in their pocket while looking for accommodations for short stays**
> –Amrutha, a student

According to a report by hospitality major OYO, in 2023, Bengaluru stood in second place, after Hyderabad, on the list of most booked cities in India among travellers, pointing to the requirement for a She Lodge in the city. Shabrin (name changed), a government school teacher, said that she is required to travel frequently to Bengaluru from Hoskote in order to meet her daughter, who is pursuing a degree in commerce in the city. "If such a facility were introduced, it would be easier for me to meet my daughter more often. Currently, due to financial constraints, I barely meet her," she said, adding that if the facility was installed in an area near public transportation system hubs such as railway and bus stations, it would also reduce the expense spent on travel.

Another student who has pursued engineering from the same town, Amrutha, noted that she will soon be required to come to the city in order to look for job opportunities and interviews. "Such a facility will help those from middle- and lower-income backgrounds not burn a hole in their pocket while looking for accommodations for short stays. However, the authorities must ensure that the accommodation is used by those who require the facility the most, such as unemployed graduates. In a place like Bengaluru, tourists can take over a lodge providing dormitories at low rates," she explained.

Further, she added that women who suffer from domestic violence at their homes and other issues that make them require a safe space must be provided with accommodation on priority.

Community leaders unite

As a symbol of the essence of healthcare patriotism and a testament to Manipal Hospitals' commitment to community well-being, Manipal Hospitals orchestrated a memorable Republic Day celebration at its premises. Underscoring their commitment to building a healthier community and instilling a sense of unity and shared responsibility towards the well-being of our community, Manipal Hospitals invited community leaders. Vinod Lahori (President, Golden Enclave Apartment), Alok (President, August Park), Priya (Committee Member, Purva Riveria), Muthuraman, and Ashok (Committee Members, Cultural Association, Purva Riveria) were invited to join hands in unfurling the tricolor. The hospital security staff also displayed their unwavering dedication to ensuring the security. **–BMB**

Safety in print: Insurance tailored for newspaper men

A registration and E-Shrama card distribution campaign for vendors and beatboys were organised by BM and VK

Bangalore Mirror and Vijaya Karnataka from Times Group, in collaboration with the Department of Labour and the Karnataka State Unorganised Workers Social Security Board, organised a registration and E-Shrama card distribution campaign for the vendors and beatboys of Indira Nagar, Halasur, Shivajinagar, Sholay Circle, Jayanti Nagar, Ramamurthy Nagar, Marathahalli, GM Palya, and surrounding areas.

Division-4 Assistant Labour Commissioner AC Thammanna, Labour Officer Srikant B Patil, Marathahalli dealer Rajasekhar, HAL dealer Mukundaiah, Indiranagar dealer N Chandranna, Domlur dealer Ranganna, and labour department officials added value to the programme. **–BMB**

Decoding Infertility: Lifestyle, Delayed Parenthood and Modern Challenges

Infertility has emerged as a pressing concern among young couples in recent years, with a myriad of factors contributing to this growing issue. Both inherent and external elements play a role, and lifestyle choices coupled with dietary habits have been identified as significant contributors to infertility. Even seemingly innocuous food additives like Monosodium glutamate (MSG) have come under scrutiny for their potential impact on fertility. Furthermore, the pursuit of professional goals often leads couples to postpone parenthood, adding to the complexity of the problem.

An expert in the field notes, "The surge in infertility cases among young couples is alarming. Over 50% of these couples face challenges in conceiving naturally, and our daily habits are implicated in this trend.

The chemicals present in common items like shampoo and floor cleaners may be linked to infertility issues. Such chemicals have been associated with early maturation in girls, contributing to a reduction in ovarian reserve. It underscores the urgency of adopting healthier habits, engaging in regular exercise, and avoiding detrimental factors like junk food and smoking."

Infertility is further increased by the modern lifestyle, characterised by high levels of stress, increasing obesity rates, and the trend of delaying pregnancies. Conditions like Polycystic Ovarian Syndrome (PCOS) have become more prevalent, adding complexity to fertility issues. The importance of lifestyle modifications, regular exercise, the practice of Yoga, and maintaining a calm and relaxed state cannot be overstated in enhancing natural conception.

Postponing childbirth for career aspirations or finding the right partner has become a common narrative, contributing significantly to the rising infertility rates. Known causes of infertility span a spectrum, including blocked Fallopian Tubes, PCOS, ovulation disorders, surgical complications, obesity, Pelvic Inflammatory Disease, and hormonal disorders.

Psychologically, impotence can give rise to stress, depression, feelings of worthlessness, frustration, and a sense of being unloved. Additionally, it affects the partner, diminishing intimacy and sexual satisfaction

Beyond infertility, impotence or erectile dysfunction has emerged as a related concern, introducing various complications for couples. It can impact reproduction, leading to difficulties in conceiving and necessitating the exploration of assisted reproductive techniques for conception.

Psychologically, impotence can give rise to stress, depression, feelings of worthlessness, frustration, and a sense of being unloved. Additionally, it affects the partner, diminishing intimacy and sexual satisfaction.

Contrary to common belief, impotence does not always signify an underlying heart problem. However, studies suggest that impotence may precede heart disease in a substantial number of cases. Some experts propose that the build-up of plaques in blood vessels (atherosclerosis) is a generalized process, contributing to both impotence and heart problems.

Treatment options for impotence range from lifestyle modifications and psychosexual counseling to medications such as Viagra, penile injections, vacuum erection devices, penile implant surgery, low-intensity shock wave therapy (LiESWT), and platelet-rich plasma (PRP) injections.

Seeking professional advice and avoiding self-medication are critical steps, as misuse of certain treatments can lead to serious side effects. A health expert underscores the need for open conversations about sexual health, urging both men and women to seek medical care for a better quality of life.

Sexual health should not remain a silent concern, and individuals are encouraged to break the silence, fostering a culture of seeking medical support to address these challenges and improve overall well-being. As societal perceptions evolve, the acknowledgment of sexual health as an integral aspect of overall health becomes essential, encouraging individuals to address these concerns openly and access appropriate medical support.

ADVERTORIAL

PRECONCEPTION CONSULTATION

Multiple failed attempts at conception are leaving many of the couples today frustrated, and in some cases even bankrupt. With the advanced technology at hand today, a preconception consultation would be the perfect tool to combat poor pregnancy related outcomes.

Pre-conception consultation is a comprehensive and proactive approach to healthcare that focuses on optimising the health of individuals or couples before they conceive a child. This specialised form of medical guidance aims to identify and address factors that may impact fertility, pregnancy and the overall health of both partners and their future offspring.

Consulting a doctor before conception is a crucial step for couples to ensure a healthy pregnancy and increase the chances of a successful outcome. Here are several reasons why it's advisable for couples to seek preconception care:

1. Identifying and Managing Health Conditions: A preconception check-up helps identify any underlying health conditions in both partners that may affect fertility or pose risks during pregnancy. Conditions such as diabetes, hypertension, and thyroid disorders can impact fertility and will require management or treatment before conception. If one of the partners has already been identified with a chronic health condition, medications will have to reviewed for safety, efficacy in anticipation of conception and possible dose adjustments. Ideally, a patient with a chronic health condition should be referred to a obstetrician specialised in treating high-risk pregnancies.

2. Optimising Reproductive Health: Doctors can assess reproductive health factors such as menstrual cycle regularity, ovulation, and sperm quality. Addressing any issues in these areas can enhance the chances of successful conception.

Dr. Prathima Reddy
Director & Lead Consultant, Department of Obstetrics and Gynaecology
SPARSH Hospital for Women & Children, Infantry Road, Bangalore - 560001

3. Optimising Health and Lifestyle: Doctors can provide guidance on lifestyle factors that can influence fertility and pregnancy outcomes. This includes recommendations on maintaining a healthy weight, managing stress, avoiding harmful substances (like tobacco and excessive alcohol), and ensuring proper nutrition. Patients should be advised to exercise regularly to improve overall health, reduce cardiovascular risks and help maintain a healthy weight. Moderate-intensity exercise of at least 30 minutes for 5 days a week before, during and after pregnancy is recommended.

A healthy diet rich in fruits, vegetables and whole grains should be encouraged, Additionally, a daily multivitamin and adequate folic acid supplementation initiated atleast 1 month prior to conception is recommended.

4. Screening for Infectious Diseases: Testing for infectious diseases, such as sexually transmitted infections (STIs), and cervical cancer is essential before conception. Some infections can be transmitted to the baby during pregnancy and may lead to complications or birth defects.

5. Genetic Counselling: Genetic counselling plays a crucial role in preconception counselling by providing individuals or couples with information and guidance about the genetic aspects of family planning.

Genetic counsellors assess the risk of inheriting genetic disorders based on family histories, ethnic backgrounds, and other relevant factors. This helps individuals understand the potential genetic risks for their future children. Couples may undergo carrier screening to identify whether they carry genetic mutations associated with certain conditions. Knowing this information allows for informed family planning decisions and, if necessary, exploration of options like assisted reproductive technologies. If a genetic risk is identified, possible strategies for mitigating the risk, such as lifestyle modifications, medical interventions or advanced reproductive technologies may be discussed.

Doctors can educate individuals about available genetic tests, their accuracy, and the potential benefits and limitations. This information helps individuals make informed choices about whether to pursue genetic testing.

The process of genetic counselling can be emotionally challenging. Genetic counsellors offer support and facilitate open communication, helping individuals cope with the emotional aspects of genetic information.

6. Immunizations: Ensuring that both partners are up-to-date on vaccinations is important, as certain infections can be harmful during pregnancy. Immunizations can help prevent complications and protect both the mother and the baby.

7. Discussing Family Planning: A conscious family planning is vital for overall health and well-being of mother and child. Unplanned and unintended pregnancies frequently lead to delayed initiation of prenatal care, which can contribute to adverse events during pregnancy and poorer perinatal outcomes.

Preconception care allows couples to discuss their family planning goals and timing. This discussion can help address any concerns, set realistic expectations, and ensure that both partners are on the same page regarding their reproductive plans. Couples with a recent delivery should be counselled on the safest time between pregnancies. It is recommended that patients wait for at least 6 months before attempting conception again.

8. Optimising Reproductive Health: Doctors can assess reproductive health factors such as menstrual cycle regularity, ovulation, and sperm quality. Addressing any issues in these areas can enhance the chances of successful conception.

Overall, seeking preconception care is a proactive approach to ensure a healthy start for both the parents and the baby, identifying and addressing potential issues before they become significant concerns during pregnancy. It allows couples to make informed decisions and take steps to optimise their health and the health of their future child.

For appointments call: 080 61 222 000

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at rajmohan.sudhakar@timesgroup.com

Digital dissonance

Recently, a revered and celebrated actor made a lighthearted remark, just before a production she was part of was about to be released.

According to media reports, the actor believed 'Gen Z can be really annoying to work with'.

Though the actor in her interviews to the press certainly mentioned other pertinent aspects about associations with younger crew and how cool they can be, the aforesaid remark eclipsed her attempt to bridge the ever widening gap between young adults and pre-digital era humans, further augmented by clever headlining.

Than make sense of an earnest observation from an experienced individual who quintessentially represents the ethos of the artistic collective having undergone tumultuous periods pre and post digital tech, to use headlines that make it sound just ageist and further the animosity between generations, the press may have played a reconciliatory and visionary role, rising to the occasion. But clickbait is favoured above all in mainstream digital media, it appears.

That said, should the actor's reference to Gen Z be taken lightly or is it pointing at a crisis we are facing at present — the failure of those with greater lived experience (the older) to maintain genuine, warm, lively, gracious and soulful connections with children, teenagers and young adults?

This perceived social gap between generations, we must decipher, is it the result of a nuanced understanding youngsters have acquired of the digital plane alongside its inherent character that celebrates the individual or the lack of it amongst older individuals who are oftentimes socialistic by political conditioning? Whatever it may be, the divide is deepening.

What the actor Jodie Foster told the Guardian was "she had found the attitudes to work she had encountered difficult to understand."

To put this widely overlooked societal challenge post tech in perspective, here is a bit from the Guardian story: "They're really annoying, especially in the workplace," Foster joked. "They're like: 'Nah, I'm not feeling it today, I'm gonna come in at 10.30 am.' Or in emails, I'll tell them: this is all grammatically incorrect, did you not check your spelling? And they're like: 'Why would I do that, isn't that kind of limiting?'"

Perhaps the most perplexing of the digital divides today is the cavalier approach of policy makers, social scientists and big tech proprietors towards the dissonance of younger generations with work/workplace, and not taking note of young people distancing themselves from the older individuals and frequenting digital platforms advocating libertarianism.

Of course, disruption is a built in default character of tech. But if it is disrupting human relationships at a scale such as progressing in the aforementioned trajectory with the youngsters, and the real social fallout yet to be gleaned, it is time that steps are taken to at least understand what has gone awry in the past two decades.

Has social tech rendered a communication breakdown affecting human relationships at the workplace, and perhaps at societal and familial levels, adding further layers of emotional manoeuvring making it harder to maintain mental wellbeing?

Perhaps not by intent but by its very design social tech did alter the way humans used to communicate before such digital communication technology came to be used so widely up until the late 1990s and into the beginning of the new century.

Perhaps the reason why it is not affecting the older generations as compared to those born into the digital cradle is the former's lived experience pre social media and the lack of it in the young.

The most intriguing and curious thing is, this is affecting the way the younger generations are perceiving life in every sphere, not only in the digital plane — for example the perceived disregard for the norms at the workplace as is the case in the actor's comment.

When a young brain in the process of maturing is overwhelmed by layer upon layer of digital communication, it does become quite hard to process the emotional tug of relationships in the larger society — workplace, family, and all the allied areas of human interaction.

What individuals from the older generations who traverse the best of both worlds shall attempt is handhold the youngsters out of digital echo chambers if they are indeed trapped there before they further calcify their beliefs that are founded based on only what is available in that closed space and not the physical world the oldens have indeed navigated much before the arrival of tech, which may be the true reason behind the social dissonance spilling over to the workplace and other interactions.

The first step is to take note of the social fallout of tech seemingly manifesting in the youngsters and their dissociation with reality, disregard for the experience of older humans and a false sense of the self, aggravated by the oft-voyeuristic and blatantly individualistic discourse that has evolved online over the past two decades.

Flyover roads to get fresh coat of asphalt

ORR and Mahadevapura flyover roads have been craving attention for years now

BBMP has decided to fix broken flyover roads at six locations in ORR and Mahadevapura

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In a big relief to commuters, the Bruhat Bengaluru Mahanagara Palike (BBMP) plans on resurfacing flyover roads in Outer Ring Road and Mahadevapura at the cost of Rs 7.52 crore after nearly eight years. Commuters have been complaining about the poor quality of flyover roads in the IT belt for years now.

BBMP has decided to fix the broken flyover roads at six locations in ORR and Mahadevapura. Work has been undertaken to resurface the prominent flyovers in the IT belt. Most of the flyovers under the work are widely used by the tech parks across Outer Ring Road.

BBMP's TEC division has floated a tender for filling up of depression and micro surfacing of flyovers at HSR Layout-14th main road, Agara, Sarjapura Road junction, Bellandur, Deverabisanhalli, Doddanekundi on ORR and Mahadevapura.

"We haven't been able to take up any flyover resurfacing work for these flyovers due to budget constraints. Ideally, asphalt on flyovers should be relaid every five years. Now, we have taken up work to resurface the roads at the flyovers. We will do milling and resurfacing of the roads. Additionally, we will also be taking up some additional works of painting and minor repairs," said a senior BBMP official.

BBMP clarified the depressions were not caused by waterlogging and due to regular wear and tear owing to vehicle load. "To avoid inconvenience to commuters, we will be taking up work only during the night. Even at night time, vehicles will be allowed one-way. The flyovers won't be closed off or traffic won't have to be diverted for this," he added.

> **"We haven't taken up work due to budget constraints. Ideally, asphalt on flyovers must be relaid every 5 years** –BBMP official

Citizens have welcomed the move. "These flyover roads have been in terrible condition and have not been asphalted for many years now. There are broken dividers and OFC cables have been seen hanging from railings. There is also metro construction happening at the side of up ramps and downramps and might pose an issue," said Vishnu Prasad, Bellandur Residents Forum.

2-km tunnel road to built as pilot project

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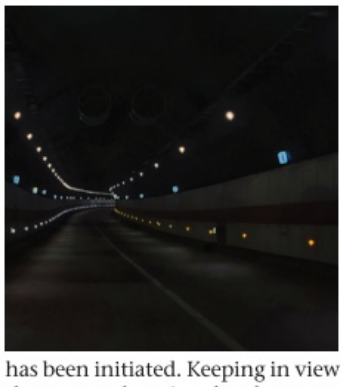
Tunnel road has been in the news for a long time. Now, the governor has said that a two-kilometre tunnel road would be constructed as a pilot project and if it succeeds, then it will be extended to other areas.

During the Republic-Day speech on Friday, Governor Thawarchand Gehlot said, "In order to find a permanent solution to the congestion of Bengaluru city, it is proposed to construct tunnel roads at selected places. The process of preparation of Detailed Project Report with the help of an international agency for construction of a tunnel road of 2 km area has been initiated. Keeping in view the comprehensive development of Bengaluru and realising the need to lay more emphasis on smooth traffic, a Rs.2,000 crore project has been launched and the process of inviting tender for white topping of major roads has been initiated."



There has been criticism against the tunnel road project as many question whether it is feasible given the fact that it involves enormous expenditure. Yet, it looks like the State Government remains steadfast in its decision to proceed with the tunnel road. Given the estimated project cost exceeding Rs 30,000 crore, the State Government has reached out to the Centre for support. Deputy Chief Minister DK Shivakumar whose brainchild the tunnel road has said, "Bengaluru is one of the most traffic-congested cities globally, impacting the mobility, productivity, and environment of the city." He presented a proposal for the construction of a 60 km urban tunnel, aiming to establish East-West and North-South corridors within the city, linking major arterial roads and circumventing surface traffic. The project's approximate cost is Rs. 30,000 crore, at Rs. 500 crore per km."

Infra upgrade makes Kanakapura Road number one choice

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Mahesh Malagi
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Kankapura road is fast developing as a favoured destination for property buyers. Realtors say that with infrastructure upgrade, many are now buying plots in and around Kanakapura road where along with great connectivity, buyers are also treated with budget plots which are affordable and available in different measurements. Siva Reddy, a realtor said, "Kanakapura Road is an ideal residential destination. With Bangalore Metro Rail Corporation Limited (BMRCL) proposing to extend the Metro train line till Harohalli promises an efficient mode of transportation in the future. The convenience of hopping on a metro to reach the heart of the city is a game-changer for those considering Kanakapura Road as their future home. The ripple effect of improved connectivity on property values and lifestyle is unmistakable."

Realtors say that the surge in interest for properties along Kanakapura Road is intricately tied to the ongoing infrastructure upgrades in the region. Homebuyers are not merely investing in houses; they are investing in a lifestyle that reflects the evolving face of Bengaluru's outskirts. The widened lanes, upgraded traffic management systems, and improved civic amenities are beacons of a modern, well-planned community. "The planned four-laning project from Bengaluru to Kanakapura via Harohalli is a pivotal factor shaping the real estate landscape in the area. The significance goes beyond the mere expansion of roadways; it signifies a strategic investment in connectivity, accessibility, and overall quality of life for residents. As the road network evolves, so does the potential for growth and development along Kanakapura Road. The four-laning project is not just about reducing traffic congestion; it's about opening up avenues for economic activities, creating job opportunities, and fostering a robust community", said Gopu Gowda, a realtor.

Reddy said that the Harohalli industrial area was one of the biggest industrial clusters for employment generation. As many were working here, they were planning to buy plots in and around Kanakapura road for an easy commute. "The industrial landscape in Harohalli contributes not just to job creation but also to the economic vibrancy of the entire region. For homebuyers, this translates into more than a home; it's an investment in a community with a robust economic foundation. The symbiotic relationship between residential and industrial sectors makes Kanakapura Road a dynamic and forward-looking choice for those seeking a well-rounded living experience ", added Gowda.

Meanwhile, a number of prominent educational institutions dot Kanakapura Road. "The proximity to schools, colleges, and educational hubs transforms this area into an educational enclave, making it an ideal choice for families.For those contemplating property investment along Kanakapura Road, the educational landscape becomes a compelling factor. Imagine a morning where your children's school is just a short commute away, or where higher education institutions are within reach for aspiring students. This proximity doesn't just save time but fosters an environment where learning becomes an integral part of daily life.

The symbiotic relationship between educational institutions and real estate on Kanakapura Road is a key driver for its popularity among homebuyers. Families understand that investing in a home here is not just securing a roof over their heads but also ensuring a future where educational growth is seamlessly woven into the fabric of their lives", Reddy added.

-Prakash VL

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Will name change bring luck?

Previously having faced challenges of funding and land compensation, BDA rebrands Peripheral Ring Road as Bengaluru Business Corridor, hoping for turnaround in its second attempt to ease city traffic

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Will fortune favour us? This is the prominent question echoing among Bengalureans and officials of the Bangalore Development Authority (BDA) alike. The BDA is preparing to release global tenders soon, following approval from the state government's Pre-Tender Scrutiny Committee on Thursday for its ambitious Peripheral Ring Road, recently rebranded as the 'Bengaluru Business Corridor (BBC).' Earlier tenders garnered a lukewarm response, prompting the BDA to make rule adjustments. The major question now is whether the name change will bring good fortune. But the BDA chairman, N Jayaram, explained, "The BBC is necessary to ease traffic in the city and help the outskirts grow." Even though the BDA is facing challenges in securing sufficient funds for the project, the primary issue lies in compensating the farmers and landowners who will lose their land. BDA officials mentioned that they plan to enact a law (ordinance) following the rules of the 2013 Act to provide this compensation. This 73-km road traverses 77 villages, with 2,596 acres earmarked for the project. The estimated cost is Rs 27,000 crore, with land acquisition alone projected at Rs 21,000 crore.

Last year, the BDA issued a fresh call for tenders to construct the Peripheral Ring Road (PRR), an eight-lane project featuring service roads, cloverleaf junctions, flyovers/underpasses, road overbridges, road underbridges, vehicular underpasses/overpasses, toll plazas, transport zones, culverts, minor and major bridges, and utility ducts. The concessionaire will receive a 50-year lease for road operation, revenue sharing, funding, and land acquisition of 2,560 acres. The road spans 100 meters in width and 71 kilometres in length, involving 232 acres of government land and the rest as private property. The project faces obstacles, including public objections and formalities, requiring at least six months. Commencing work post-work order issuance demands a minimum of a year. The project, initially planned 15 years ago at Rs. 3,000 crore, incurred cost escalations due to delays.

The commencement point of the Peripheral Ring Road (Bengaluru Business Corridor) is set to be the NICE Road junction on the Nelamangala highway

Connecting northeast, east, and southwest Bengaluru, the 74 km road was proposed in 2008, initially requiring 1,810 acres. However, due to design changes, an additional 750 acres were necessary, with land acquisition awaiting government approval.

Equipped with state-of-the-art facilities, the PRR features toll plazas, relaxing rooms, helipads for air ambulances, charging stations for electric vehicles, and an absence of traffic signals. The road aims to alleviate congestion on the outer ring road, serving as a bypass with over 10,000 trucks currently using it. The PRR is set to commence near the NICE road junction on the Nelamangala highway.

The history of the PRR project reflects a series of administrative changes, initially declared during SM Krishna's tenure as Chief Minister. At that time, the Chief Minister disclosed that the BDA would undertake the initiative, given its successful execution of the Outer Ring Road (ORR) project. In 2004, the BDA even conducted a preliminary survey for the PRR. However, in January 2008, the state executive committee, under Governor Rameshwar Thakur, made an unexpected announcement, transferring the PRR from BDA to the National Highways Authority of India (NHAI).

This move triggered debates and discussions on the project's fate. Subsequently, the State Government, recognising the importance of the PRR, reversed the decision to transfer it to the National Highway Authority of India (NHAI). Instead, the government opted for BDA to handle the construction, leveraging a Public-Private Partnership (PPP) mode. Despite these deliberations, the project faced challenges, with discussions outweighing concrete groundwork. The benefits of the PRR were envisioned to address the burgeoning traffic on the ORR, currently functioning as a bypass for the city and accommodating over 10,000 trucks. As outlined in the BDA's project report, the rationale stressed the intense growth in intra-city traffic, placing the ORR under significant strain.

"The city's expansion beyond the ORR contributed to the mounting pressure on this crucial traffic artery. To alleviate this strain and enhance connectivity beyond the ORR, the BDA proposed a Peripheral Ring Road spanning 116 km. This strategic stretch aimed not only to improve connectivity to areas beyond the ORR but also to alleviate congestion on the existing route. The proposed BBC is slated to commence near Makali on the Bengaluru-Pune road, ultimately connecting to Hosur Road, thereby traversing key locations such as KR Puram, old Ballari Road, Old Madras Road, and Sarjapur Road," said an official.

City aims for waste efficiency with 3 more transfer stations

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Bengaluru is set to receive three more 150 TPD waste transfer stations, with an estimated cost of Rs 40.36 crores, as the three initially planned in the first phase are yet to be fully operational. The additional mega waste transfer stations aim to address the challenges posed by the current open waste transfer process, eliminating issues such as leachate spills and unpleasant odours.

The Bengaluru Solid Waste Management Limited (BSWML), in collaboration with the Bruhat Bengaluru Mahanagara Palike (BBMP), is leading this initiative. In the first phase, BSWML had planned three 150 TPD Mega Transfer stations at Ejipura, Mahadevapura, and Chamrajpete. However, due to legal issues, these stations have faced delays in becoming fully operational.

To overcome these challenges and enhance waste management efficiency, BSWML has proposed the addition of 3 more mega transfer stations in the second phase. Once all six stations are operational, the total capacity for waste management in the city will reach 900 TPD. Considering BBMP estimates indicating the city generates 5500 TPD of waste daily, these measures are crucial for effective waste handling.

BSWML has initiated a tender for the Design, Construction, Supply, Installation, and Commissioning of Transfer Stations equipped with a Closed Compaction system. The objective is to handle a minimum of 150 TPD of Municipal Solid Waste at selected locations under BBMP jurisdiction.

A senior BSWML official explained, "We are planning four more mega waste transfer stations. This would eliminate leachate leakage on roads, and the mega transfer station would keep a tally of dry waste and wet waste received. Currently, the exact parcel of land for establishing the mega transfer stations has not been identified, but funds have been allocated from 15th finance commission grants."

As per the agreement, BBMP/BSWML will provide a minimum of 2400 Sqm/25,000 Sq ft of land for each transfer station's establishment, with a minimum handling capacity of 150 TPD. According to the tender specifications, the selected bidder is required to complete the construction of the mega transfer station within 12 months.

What is a mega transfer station?

A transfer station encompasses civil work involving the construction of a structural shed utilising pre-engineered members, suitable flooring, electrification, necessary plumbing provisions, painting, a leachate collection tank, odour control mechanism, weighbridges, boom barriers, RFID readers/scanners, and an operator cabin. The station is equipped with specialised equipment, including static compactors featuring an integral unit incorporating the container changeover mechanism.

Additionally, it is fitted with a hydraulically operated loading bucket for receiving MSW from auto tippers or push carts, facilitating the loading and compaction of the MSW into the container.

The container is affixed to a frame with rollers, making it manageable by a hook loader. Hook loader transports and disposes containers with efficient waste management.

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Incomplete work
Shanthala Nagar

Residents living on Convent Road are facing inconvenience due to the ongoing, unfinished work by the BBMP.

Faulty footpath
Hebbal

The footpaths lining the prominent first main road of Kempapura, a prestigious area, have been in a state of disrepair for over a year.

Waste worries
Victoria Layout

Garbage dumped on Palmgrove Cross Road, remains unaddressed despite complaints to BBMP officials, causing residents significant concern over the ongoing issue.

BBMP sets guidelines for naming public spaces

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Disturbed by demands from certain social organisations, activists, and leaders to name roads and parks according to their preferences, the Chief Commissioner of Bruhat Bengaluru Mahanagara Palike (BBMP) recently issued a circular. The directive is aimed at guiding zonal commissioners to adhere to norms while considering appeals or requests from the public to name roads and parks after social activists or religious leaders.

The JP Nagar Residents' Welfare Association lodged a complaint with the BBMP Chief Commissioner on November 22, 2023, regarding a sudden surge in permanent new signages or supplementary signages featuring recently elected representatives in parks, children's play areas, stadiums, and playgrounds. The complaint highlighted that such occurrences were common in Govindarajanagar and RR Nagar, with Jayanagar joining the list of affected areas.

In response, the residents' welfare association urged the BBMP Chief Commissioner to establish a policy framework ensuring the naming of common places does not insinuate, create conflicts of interest, or hurt the sentiments of any demographic group (caste, creed, or religion).

The Chief Commissioner specified that names should be chosen from individuals contributing to society through social service, arts, literature, education, and sports. The circular mentioned that public places like roads, parks, and circles could be named after historical events.

Sudden signages, showcasing elected representatives, have appeared in parks across Jayanagar, Govindarajanagar, and RR Nagar

For proposals to name main roads and crossroads, a minimum of 50 people should support it, with 30 of them being residents or workers in the ward. Zonal commissioners are responsible for receiving proposals and forwarding them to the Special Commissioner (Revenue), authorised to send back proposals not in the correct format. If the proposal is in the correct format, it can be sent to higher authorities, including the BBMP Council, for approval.

Once approved, BBMP authorities must advertise in two newspapers (Kannada and English) to invite objections from the public. Following necessary approvals and procedures, the BBMP executive engineer or assistant executive engineer of the respective ward is tasked with installing the name boards. The Joint Commissioner of the respective zones must organise the naming function after consulting local residents.

Green makeover for city's landfills

Biodiversity Management Committee explores afforestation plans for Bellahalli and Mandur landfill sites, drawing inspiration from Rajkot's successful model

A huge heap of garbage at the landfill in Mandur

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> "After the assessment is made, BMC will sketch a plan and any further action will be taken after the plan is approved by BBMP
> –BLG Swamy, DCF, Forest Department, BBMP

If all goes as planned, Bellahalli and Mandur will have tiny forests atop the landfill sites. The recently revived Bengaluru Biodiversity Management Committee (BMC) has decided to visit the sites on January 29 to explore the possibility of creating green covers in both locations.

According to the Deputy Conservator of Forest (DCF), Bruhat Bengaluru Mahanagara Palike (BBMP), BMC is looking to follow Rajkot's Municipal Corporation's (RMC) method to create a dense forest on these sites that have recently undergone bio-mining.

"Bengaluru's BMC is looking at taking a leaf out of RMC's initiative whereby a forest has been grown on a landfill site and replicate that here. Both landfills in the city have been bio-mined and are covered with soil. This visit will assess if the area is feasible to take up such plantation activity," said BLG Swamy, DCF, Forest Department, BBMP.

BMC members will inspect the spots to understand if any further rejuvenation will help their cause. The patches will also be checked for currently existing biodiversity. Based on the outcome, BMC will sketch a plan for approval.

"We need to select hardy plant species. After the assessment is made, BMC will sketch a plan and any further action will be taken after the plan is approved by BBMP," added Swamy.

"We will inspect the sight to assess the level of degradation that has taken place due to the nature of the sites. This is our first visit and we will primarily look at the level of contamination. The idea is to reduce further pollution from the sites and enhance the city's biodiversity," said Vijay Nishant, a member of BMC and founder of Project Vruksha.

Apart from brainstorming ideas to green the city's landfills, BMC will also look at avenues to update the existing biodiversity report of Bengaluru city.

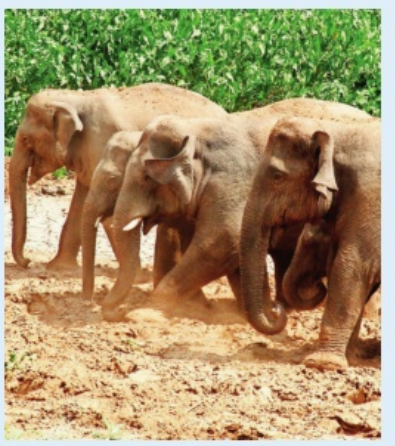
Notably, Bengaluru's maiden, People's Biodiversity Register (PBR), a repository of the city's biodiversity, was created after the committee was constituted in 2009. The document was created more than 12 years ago but has not been updated since then. According to the Biological Biodiversity Act (BDA) 2002, BMC should come together every three months to update the PBR and discuss conservation activities.

Jumbo crushes farmer to death on B'luru outskirts

A 65-year-old farmer was killed in a wild elephant attack on Thursday in Geralli village of Kanakapura taluk on the outskirts of Bengaluru. The victim, identified as Puttananjaiah, had gone to keep a vigil on his Ragi crop on Wednesday night along with three others. The three slept on one side, while the victim slept separately. In the morning, a wild elephant came from a nearby forest and trampled Puttananjaiah to death. The three others, however, managed to escape.

Reacting to the incident, Karnataka's Leader of Opposition, R Ashoka, expressed concern that Kanakapura and Ramanagara regions are continuously witnessing elephant attacks, leading to the unfortunate loss of three lives in a row. Ashoka highlighted the presence of more than 30 elephants in the surrounding villages of Kanakapura and Ramanagara regions, causing distress to the people living on the fringes of forests. He urged Forest Minister Eshwar Khandre to address the issue promptly by giving immediate orders to capture the elephants responsible for the menace and rehabilitate them to ensure the safety of farmers.

"I also demand CM Siddaramaiah to provide appropriate compensation to farmers who suffered crop loss due to the elephant menace," added Ashoka. — IANS



Roads to get a paint makeover

CONTINUED FROM PAGE 1

crore for East zone, West zone, Yelahanka and Mahadevapura zones, and Rs 1.50 crore for South zone, Bommanahalli zone, Dasarahalli zone, and RR Nagar zone.

The markings are either dirty or unclear at most of the traffic junctions in the city. A few hundred motorists die every year in Bengaluru due to unscientific humps.

The BBMP has been promising to remove unscientific humps but forgets about it soon after making such announcements.

Meanwhile, traffic experts welcomed the BBMP's decision to provide thermoplastic painting of rambler strips and paint the markings at traffic junctions, arterial and sub-arterial roads.

"BBMP's decision to provide thermoplastic painting for rambler strips is welcome. Painting of road humps is neglected by the authorities concerned.

Painting humps on city roads will help motorists notice them from a distance and enable them to commute safely. Painting of humps is welcome if it is done scientifically," said Dr Ashish Verma, professor, Transportation Systems Engineering, Indian Institute of Science.

Meanwhile, professor MN Sreehari, traffic expert and advisor, said unscientific and non-technically built speed breakers shall not be used at all as the speed in urban areas is limited to 50 km ph.

"The BBMP must consult a qualified traffic engineer, who is also an expert, in this regard. Unscientific road humps or speed breakers are dangerous head breakers sometimes, and damage the low floor chassis of vehicles which are manufactured now. Instead of this, three to four layers of thermoplastic paint of thickness 7.5 mm (three layers with each layer of 2.5 mm) is recommended. In Delhi, all humps are replaced," said Sreehari.

Satish Rao, a social activist, said the BBMP's project to paint rambler strips and routine humps is a step in the right direction. He noted that rambler strips and humps are placed on roads unscientifically and built unscientifically too.

"I hope this project will address concerns of motorists which are mainly non-painted rambler strips and humps catching motorists, especially two-wheeler riders, unaware thereby resulting in needless accidents," Rao said.

MRTS link between Bommasandra-Hosur

The proposed metro connection between the two states spans 20.5 km, where 11.7 km will fall within the borders of Karnataka and the rest 8.8 km will fall under TN

The Chennai Metro Rail Corporation (CMRL) has signed a contract agreement worth Rs 29.44 lakh with consultants – Balaji Railroad Systems Private Limited (BARSYL) and Habog Consultants Private Limited for a feasibility study to be conducted regarding the introduction of Inter-State Mass Rapid Transit System (MRTS) that will connect Bommasandra near Electronic City with Hosur in Tamil Nadu.

The Bangalore Metro Rail Corporation Limited (BMRCL) Yellow Line, connecting Bommasandra and RV Road in South Bengaluru, is expected to be operational this year. The proposed metro connection between the two states spans 20.5 kms, where 11.7 kms will fall within the borders of Karnataka and the rest 8.8 kms will fall under Tamil Nadu.

The feasibility study is required to take in several significant factors in account, including the type of trains to be used, the estimated ridership on the route (updating the existing Travel Demand Model, forecasting the travel demand for 30 years at five-year intervals), total cost of construction as well as the alignment and locations of different stations. Known to be an industrial hub, Hosur witnesses frequent movement of people as it houses giants such as Titan, Ashok Leyland and TVS motors along with 2,000 MSMEs. People who live in the vicinity currently have to rely on overcrowded buses for travel.

In 2023, the Union Ministry of Housing and Urban Affairs (MoHUA) had asked Tamil Nadu to conduct the feasibility study following Karnataka's consent for the same.

Following this, CMRL had on August 1 floated a tender inviting consultants. With 11 companies having submitted bids, BARSYL emerged the winner. While the feasibility study is entirely funded by Tamil Nadu, details regarding cost-sharing of the metro network, if decided to be implemented, is still unclear. **BMB**

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From Champion of Peace to World No. 1 in doubles, Bopanna's tennis journey goes on and on

In the annals of Indian tennis, which has been dominated by the likes of Ramanathan Krishnan, Ramesh Krishnan, Leander Paes, Mahesh Bhupathi and Sania Mirza, Rohan Bopanna has carved a niche for himself by the dint of his talent, hard work and longevity.

He is the oldest first-time world no. 1 at the age of 43, achieving the top ranking in men's doubles earlier this week. He has further extended his aura by reaching his first final in the Australian Open 2024.

Bopanna is the fourth Indian to win a Grand Slam title after Paes, Bhupathi and Mirza.

Initially, a singles player with a boom service, which had earned him the nickname 'Bofors', Bopanna has played tennis for three decades making a name for himself on and off the court.

The player from Karnataka has so far won one Grand Slam title -- the 2017 French Open alongside Gabriela Dabrowski in mixed doubles -- and reached three finals in men's doubles and mixed doubles combined.

Born on March 4, 1980, in Bangalore, Karnataka, to M.G. Bopanna, a coffee planter in Kodagu district, and Malika Bopanna, a housewife, Bopanna started playing tennis at the age of 11 because his father wanted him to pursue the sport.

Though he also enjoyed sports like hockey and football, by the age of 19, tennis became young Bopanna's calling as won his first ITF Junior singles title in 1997 at the age of 17. In 2002, he was selected for the first time to represent India in the Davis Cup.

After gaining experience in both singles and doubles at the junior and senior ITF levels, Bopanna, known as 'Bops' in the Indian tennis circuit, turned professional in 2003.

The right-hander with a single-handed backhand, became a prominent topic on the front page of newspapers around the globe because of his men's doubles partnership with Pakistan's Aisam-ul-Haq Qureshi.

For several years, the pair gained prominence as the 'Indo-Pak Express' and made an early impact when finished runner-up in the 2010 US Open. Their message of "Stop War, Start Tennis" a decade back had earned Bopanna and Qureshi a reputation as peace ambassadors.

Though their partnership lasted from 2003 to 2014, they reunited as a pair for a few events in 2021, the 'Indo-Pak Express' won five ATP doubles titles and reached the final of the 2010 US Open.

Bopanna, along with Qureshi, was honoured with the 'Champion for Peace' by the Monaco-based organization, Peace and Sport in 2010.

In all, Bopanna has won 24 career doubles titles in all and has finished runner-up in the ATP World Tour Finals in 2012 and 2015, and represented the country in two Olympic Games, reaching the mixed doubles semifinal in the 2016 Games in Rio de Janeiro. —IANS

Bopanna among 7 sportspersons honoured with Padma Shri

India's star tennis player and men's doubles World No. 1 Rohan Bopanna, squash player Joshna Chinappa and former field hockey player Harbinder Singh are honoured with the Padma Shri award, the Centre announced on Thursday.

Bopanna at the age of 43, secured the top spot in the ATP rankings and became the oldest World No. 1 after surpassing Rajeev Ram of the USA, who held the first place at 38 in October 2022.

Joshna Chinappa won a bronze medal along with Tanvi Khanna and Anahat Singh in the Hangzhou Asian Games. It was her fifth medal in the Asian Games, as her first medal (bronze) came in women's singles in the 2018 Jakarta Games. Her other medals included one bronze and two silver medals. Harbinder Singh was a member of the gold medal team in 1966 and a silver medal winner as captain in 1970. —ANI

Jamari wins Winfair247 winter Derby in record time

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Classy filly Jamari winner of the Oaks won the Winfair 247 Bangalore Derby

In what proved to be a `Ladies Day Out', the Queen filly Jamari brilliantly piloted by top gun Trevor Patel recorded a classic hat-trick in record time, winning the blue riband of the winter season, the Winfair247 Bangalore Derby in emphatic fashion on Republic Day. The star performer from the stables of champion trainer Pesi Shroff, who galloped home to wear the Derby sash in summer, reigned supreme in the two earlier winter classics, the 1000 Guineas and the Oaks before she in a pulse-pounding finish edged out the long shot Madam Rich to the delight of the 15,000 crowd on the D-day. The champion filly, who has never lost a classic on this track stopped the clock at 2:28.2 seconds, bettering the (2:28.85) existing record of Temerity registered seven winters ago. Temerity incidentally was also trained by Pesi Shroff.

"She is a beautiful filly and she loves the Bangalore track. She always produces her best at this premier centre and that's one reason we chose to race her here," said Shroff immensely pleased with another champagne effort from Jamari and the top `Knight' Trevor, who stretched every sinew to peg back the belated effort of Madam Rich and help Jamari maintain her classic winning streak. Trevor in fact recorded a grand treble on the big day, earlier booting home Tripitaka and later booting home the public choice Sofiya after Jamari's splendid effort to enter the Hall Of Fame.

"She always give her best and today again she produced her best to snuff out the challenge of Madam Rich in the final furlong," said Trevor, pointing out that she deserved to record the classic treble.

In the classic mile-and-half Derby journey, it was the Chennai hopeful Something Royal, who hit the front and set a decent pace all through the backstretch. Trevor chose to track the leader on the favourite, while Suraj Narredu astride the second in demand at the betting ring, Tehani chose to play the waiting game.

Something Royal shot her bolt at the top of the straight and at this juncture Trevor pushed Jamari ahead and the champion filly quickly established a three length break before lasting out to land the Derby riches in a humdinger. The 2:28.2 exercise classic exercise fetched her owners a rich purse of Rs 1,01,48,490. Top colt Prana from Prasanna Kumar's yard finished third behind the two fillies, while Tehani completed the classic frame.

Derby Day results

1. Totalizator Cup (Div-II) 1200M: Lone Ranger (Girish Baliga) 59 Antony Raj 1, The Gallery Time 59 Ramu 2, Samachar 56.5 Vivek 3, Super Sapphire 58.5 Prabhakaran 4. All Ran. 2-1/4l, 1-3/4l, 2l. T: 1.13.31. Tote: Rs 75 (W). 15, 11, 19 (P). Fc: Rs 295. Q: Rs 86. Shp: Rs 32. Thp: Rs 44. Trinalla: Rs 1,439. Exacta: Rs 8,592. Fav: Sun Flare (Imtiaz Khan).

2. Vidhana Soudha Cup 1600M: Royal Mysore (Blazing Saddles) 54 G.Vivek 1, Vicotoria Doresaani 52.5 Alex Rozario 2, Never Give In 53 Antony Raj 3, Pharazon 51.5 Saqlain 4. Not Run: All Attraction. 7-1/4l, Snk, 1/2l. T: 1.3558. Tote: Rs 24 (W). 13, 11, 14 (P). Fc: Rs 85. Q: Rs 35. Shp: Rs 30. Thp: Rs 40. Trinalla: Rs 361. Exacta: Rs 865. Fav: Royal Mysore (Prasanna Kumar).

3. Mysore Race Club Trophy 1400M: Masato (P.Arun Kumar) 56 Chisty 1, Storm Shadow 56 G.Vivek 2, Vafadar 56 Trevor 3, Alpha Legend 56 A.Ramu 4. All Ran. 5-3/4l, 4-1/2l, 1/2l. T: 1.24.53. Tote: Rs 17 (W). 11, 17 (P). Fc: Rs 17 (W). 11, 17, 10 (P).Fc: Rs 151. Q: Rs 105. Shp: Rs 52. Thp: Rs 42. Trinalla: Rs 177. Exacta: Rs 3,953. Fav: Masato (Prasanna Kumar).

4. Indian Republic Trophy 1200M: Tripitaka (Mrs Mahima Shailesh) 54.5 Trevor 1, Del Mar 56.5 Inayat 2, Obsidian 58.5 Chisty 3, Douglas 60 Antony Raj 4. All Ran. 2-1/4l, Snk, 3/4l. T: 1.11.98. Tote: Rs 29 (W). 12, 56, 16 (P). Fc: Rs 1,060. Q: Rs 875. Shp: Rs 230. Thp: Rs 38. Trinalla: Rs 5,676. Exacta: Rs 33,640. Fav: Fondness Of You (Irfan Ghatala).

5. Saddle Up Cup (Div-I) 1200M: Apollo Light (Kumaraswamy) 59 Koshi Kumar 1, Princess Jasmine 60.5 Darshan 2, Loving Pearl 61.5 A.R.Pradeep 3, Fair Counsel 59 M.Naveen 4. All Ran. Shd, 2-1/2l, 3/4l. T: 1.14.62. Tote: Rs 35 (W). 15, 16, 13 (P). Fc: Rs 186. Q: Rs 105. Shp: Rs 43. Thp: Rs 47. Trinalla: Rs 408. Exacta: Rs 965. Fav: Loving Pearl (Prithviraj).

6. Winfair 247 Bangalore Derby **2400M:** Jamari (K.N.Dhunjibhoy) 55.5 Trevor 1, Madam Rich 55.5 Saqlain 2, Prana 57 G.Vivek 3, Tehani 55.5 Suraj Narredu 4. All Ran. 3/4l, 4-1/4l, 2-1/2l. T: 2.28.20. Tote: Rs 14 (W). 10, 28, 24 (P). Fc: Rs 167. Q: Rs 166. Shp: Rs 110. Thp: Rs 47. Trinalla: Rs 1,630. Exacta: Rs 3,787. Fav: Jamari (Pesi Shroff).

7. T.B.Hanumanthraj Memorial Trophy 1400M: Sofiya (Daulat Chabria) 56.5 Trevor 1, Aquamatic 55.5 Chisty 2, Aherne 55.5 Antony Raj 3, Altamonte 51 Jagadeesh 4. All Ran. 3/4l, 3-1/4l, 3-1/4l. T: 1.24.55. Tote: Rs 20 (W). 11, 15, 17 (P). Fc: Rs 64. Q: Rs 38. Shp: Rs 31. Thp: Rs 51. Trinalla: Rs 212. Exacta: Rs 1,676. Fav: Sofiya (Suleiman Attaollahi).

8. Totalizator Cup (Div-I) 1200M: Blackstone (Ravi P.S.Raju) 56 Saddam Hussain 1, Knotty Challenger 56 Naveen Kumar 2, Ebotse 55 Antony Raj 3, Grizzly 59.5 M.Navven 4. All Ran. 1-3/4l, 1-3/4l, 4l. T: 1.13.07. Tote: Rs 20 (W). 12, 16, 13 (P). Fc: Rs 138. Q: Rs 71. Shp: Rs 45. Thp: Rs 41. Trinalla: Rs 438. Exacta: Rs 1,370. Fav: Blackstone (M.Rajendra Singh).

JACKPOT:	₹1,250
RUNNER-UP:	₹154
FIRST TREBLE:	₹256
SECOND TREBLE:	₹ 57

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

Connect the dots

A pair of guineafowl wander around in search of feed in an open field in Kalyan Nagar

The picture was clicked by BM reader **NJ Ravi Chander**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Great expectations: Wrap it up soon

Work near Kaggadasapura that should have been done by Jan 5 yet to be finished, causing much inconvenience

The construction began on December 5, 2023; currently, only two-wheelers are allowed on the road

The bridge near Kaggadasapura is not yet finished, causing inconvenience to the residents. The construction began on December 5, 2023, with a deadline of January 5, 2024. Unfortunately, the construction is still ongoing, leading to various problems for the people in the area.

Currently, only two-wheelers are allowed on the road, affecting transportation. Local shops are facing losses, and there's an increase in air pollution. The residents and shop vendors are hopeful that the construction will be completed soon. Residents express their concerns, stating that this route serves as a shortcut for them, especially for school-going children. Since the construction started, buses are not operating, and autos are charging higher fares due to the restricted access.

Venketesh, a resident, said, "It's been almost two months, and the construction is still ongoing, making the situation worse. We have to take a longer route to reach this road."

While there was an initial deadline of January 5, the work is progressing slowly.

Rajgopal, a BM reader and a local resident, said, "There have been many deadlines missed; we hope the work is completed at the earliest."

Many demanded the timely completion of the work. Lakshmipathy, another resident, added, "Proper vehicle facilities are not available in our area. People and children have to wait for a long time. I hope the construction ends soon for the benefit of everyone."

–Chaitanya M and Megha Jingade U

DID YOU KNOW?

Devanahalli Fort is one of the oldest forts in Karnataka. It dates back to the 15th century. This fort is spread over 20 acres and is known for its unique architectural design. Near this fort, the birthplace of Tipu Sultan can also be located. It is said that it was built by Mallabairegowda; later, it was taken care of by his descendants. Later, it was occupied by many rulers. It was Lord Cornwallis who besieged it in 1791 during the Anglo-Mysore War. Outside the fort, the Archaeological Survey of India board declares it a protected monument.

GET HEARD WITH MIRROR 9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What initiatives or community projects have positively impacted your neighbourhood in B'luru?

Avantika, BM reader
In our neighbourhood, I find that basic initiatives like park development and cleanliness projects have a profound impact. Well-maintained public spaces not only contribute to the overall aesthetic appeal but also provide a conducive environment for recreation and relaxation.

Dankan N, BM reader
I had the opportunity to witness a positive change in a lake near Bengaluru, which was initially in a deteriorated state. Through dedicated efforts in maintenance and restoration, the lake underwent a remarkable transformation.

Surbhi, BM reader
I've observed and appreciated the commendable efforts directed towards the conservation of Arekere Lake in our neighborhood. This long-term drive has not only contributed to the well-being of the lake but has also positively influenced the surrounding ecosystem.

Tanishka, BM reader
Participating in clean-up drives with my classmates has made me realise the importance of such initiatives for our neighbourhood in Bengaluru. These drives play a vital role in maintaining the cleanliness and hygiene of our surroundings.

Rohit Poptani, BM reader
I've personally witnessed the positive impact of various community projects, including clean-up drives and tree-planting initiatives, in our neighborhood.

Ananya, BM reader
Being part of social service initiatives in our neighbourhood has been a transformative experience for me. Actively engaging in these endeavours, I've observed positive effects in our surroundings.

SPEAK TO US

What advice would you give to newcomers to Bengaluru to help them integrate into the city's vibrant community?

If you want to be featured in this section tomorrow, mail us your answer to this question, in 25 words, by 5 pm today, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation and a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Success story hailed

Governor of Karnataka hoists tricolour at Manekshaw Parade Ground, lauds several schemes; 50 lakh saplings to be planted at educational institutions

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

As Bengaluru and other places were losing greenery, there have been efforts now to plant more saplings. Karnataka Governor Thaawarchand Gehlot hoisted the tricolour at the 75th Republic Day programme held at Manekshaw Parade Ground. Addressing the gathering, he said, "In a collaborative effort with the Forest Department, the state initiated the 'Sasya Shyamala' programme, aiming to plant approximately 50 lakh saplings on school and college campuses. This initiative aligns with environmental sustainability and afforestation goals."

Governor Gehlot also highlighted the success of the Shakti Yojane, eliciting a positive response from passengers. The state prioritised enhancing the bus services of road transport corporations, with 1,148 new buses introduced in the past eight months.

"Efforts to streamline law enforcement include initiatives such as the Karnataka State Police app, enabling citizens to report vehicle theft conveniently. The E-Challan system facilitates locating pending fines for traffic violations, allowing online payment. The implementation of day and night beats through the e-beat system aims to strengthen policing at the grassroots level. The State-Level Single Window Clearance Committees approved 165 investment projects, attracting a significant investment of Rs 45,325 crore and generating employment for 42,292 people," he added.

Karnataka continues to contribute 42% of the country's software exports, with the government adapting policies to align with the evolving needs of the IT and BT sectors.

Several tableaux, depicting glory of Karnataka, were displayed at Manekshaw Parade Grounds on Friday

The governor further appreciated the active participation of athletes from the state. He said that the 26th Bengaluru Tech Summit, held from November 29 to December 1, 2023, under the theme 'Breaking Boundaries', witnessed participation from 40 nations, marking a grand success. The state proudly celebrated the achievements of Karnataka athletes in the 19th Asian Games in 2023, with eight athletes winning nine medals.

The governor added that special emphasis was placed on programmes like Swavalambi Digitisation of Aakar Bandh, UPOR Project, and Re-survey. Amendments to Section 5 of the Karnataka Scheduled Castes and Scheduled Tribes (Prohibition of Transfer of Certain Lands) Act, 1978, guarantee land ownership to these communities without a time limitation.

"The Karnataka Building and other Construction Workers Welfare Board registered 4.14 lakh beneficiaries, providing benefits under various welfare schemes totaling Rs 359.55 crore. Seva Sindhu, an enrollment platform for guarantee schemes, integrated 44 schemes, disbursing Rs 10,035 crore to 2.54 crore people. The Kaveri 2.0 app developed for the Stamps and Registration Department significantly contributed, leading to additional revenue of Rs 10,483 crore," he mentioned.

Governor Gehlot expressed satisfaction with the progress of lift irrigation works, electricity supply for the Yettinahole Integrated Drinking Water Project, and the Mekedatu Balancing Reservoir and Drinking Water Project. He affirmed the commitment to expedite the Upper Krishna Project Stage 3 of North Karnataka.

B'luru journo receives communal harmony award

In recognition of his efforts to debunk false narratives and promote communal harmony, Alt News journalist Zubair has been honoured with the Kottai Ameer Communal Harmony Award 2024 by the Tamil Nadu government during the Republic Day celebrations in Chennai on Friday.

Zubair's recent fact-checking endeavours centred around debunking misleading information regarding alleged attacks on Hindi-speaking migrant labourers in Tamil Nadu. The misinformation, spread through viral videos and a fake newspaper clipping, claimed that the Tamil Nadu government, under Chief Minister MK Stalin, had asked Hindi-speaking migrant workers to leave the state.

Alt News, under Zubair's guidance, fact-checked these claims and unearthed the truth behind each incident. One notable instance involved a fake newspaper clipping that falsely portrayed the government's stance. Zubair's team pointed out critical errors and discrepancies in the clipping, revealing it to be a creation of a mobile app named 'News Banner Maker'. This meticulous fact-checking demonstrated how misinformation can be disseminated and manipulated, impacting social harmony.

Additionally, Zubair and his team scrutinised multiple viral videos depicting attacks on Hindi-speaking migrant labourers in TN. **-BMB**

Security breach at R-Day parade

A security breach was reported during the Republic Day function at the Parade Ground in Bengaluru on Friday, when a man attempted to approach Karnataka Chief Minister Siddaramaiah.

The man was seen throwing placards and sheets on the ground while walking towards the Chief Minister's gallery.

The individual, named Purushottam, reportedly expressed dissatisfaction with the state government and tossed placards on the ground.

The police immediately took the person into custody and took him for questioning. More details are awaited. **-ANI**

Plastic makes an unwelcome return to Lalbagh

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TWEETS @BangaloreMIRROR

Following in the footsteps of the I-Day Flower Show last year, the ongoing Republic Day flower show at Lalbagh is witnessing many banned plastic items. Non-woven polypropylene (NWPP) bags masquerading as cloth bags, single-use plastic covers, plastic spoons, foil plates, silver pouches, and plastic-lined bowls are some of the banned items noticed at the event.

Volunteer groups say these banned items entered the venue on Days 1 and 2, when gate checks for the vendors were not done well.

"Gate checks for the vendors have failed this time again. Banned items along with NWPP have entered the venue in large amounts, as is evident from the litter collected and banned items seized by BBMP's marshals. This time around, thin plastic covers have also made their way to the event," said a volunteer at the event.

Experts opine that there has been a gradual improvement with close involvement since 2016 on litter, waste, and plastic issues. The Department of Horticulture, with partners such as Saahas, Beautiful Bengaluru, and the Indian Ploggers Army, has brought huge change with less litter and waste. However, plastic ban enforcement has seen challenges this year after good progress was made during the Republic Day flower show last year. One of the main reasons is lenient gate checks for vendors. "This time we see plenty of NWPP bags, which are peddled by vendors as cloth. BBMP marshalls are constantly fining, but vendors spot them from afar and hide the banned items, showing a cloth bag when checked. This year, many banned items not seen since 2016 are back at Lalbagh: plastic spoons, foil plates, silver pouches, too, along with many more food stalls," said Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group at the flower show. Katrak, working closely on the ground with marshals to ease out plastic from premises, also shared that this year, even on Day 8, higher amounts of banned items are still being found.

BBMP marshals were seen seizing banned items at Lalbagh

"There is scope for improvement when it comes to educating vendors to not serve food on paper or foil plates, plastic spoons, or silver pouches. A few vendors at the event are still giving away NWPP bags. While it is heartening to see well-managed bins and much cleaner rocks, we will be more than glad to see Lalbagh free from all banned items," said G Nagaraj, founder of The Plogger's Army.

However, the Horticulture Department says that strict inspection of all 175 stalls at the venue is being conducted, and fewer and fewer banned items are being seized.

"Regarding thin plastic covers, there were only a couple of cases, and as soon as they were highlighted, vendors were fined, and all items were seized and destroyed on day one itself," said M Jagadeesh, joint director of Horticulture (Lalbagh).

Solutions are aplenty

Solid waste management experts say a lack of continuous public announcements would have ensured a better outcome. "The onus to keep Lalbagh premise clean also falls on visitors, and the department could have ensured this with the help of continuous public announcements, which have been missing so far," said a city-based SWM expert.

Glitch reset
Tesla is recalling around 2,00,000 vehicles in the US due to a rearview software malfunction

BangaloreMirror | 12
Saturday, January 27, 2024
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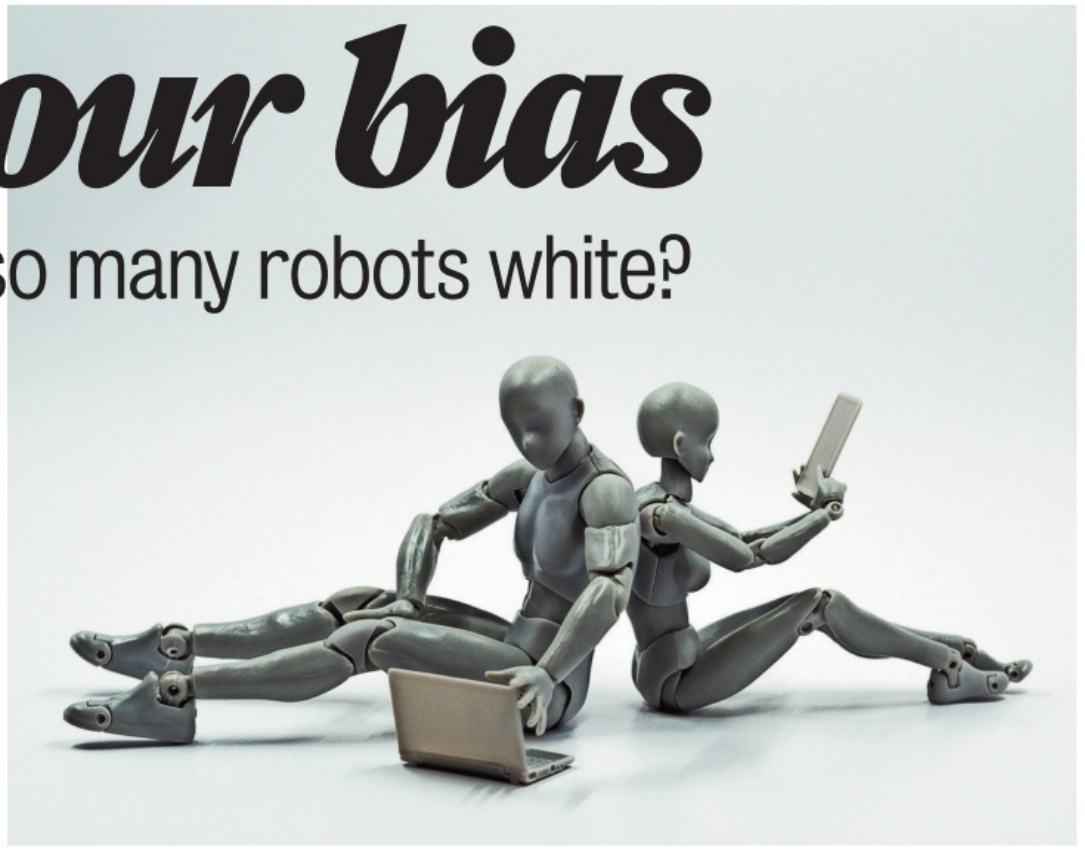
Colour bias

Why are so many robots white?



Problems of racial and gender bias in artificial intelligence algorithms and the data used to train large language models like ChatGPT have drawn attention of researchers and generated headlines. But these problems also arise in social robots, which have physical bodies modeled on nonthreatening versions of humans or animals and are designed to interact with people.

The aim of the subfield of social robotics called socially assistive robotics is to interact with ever more diverse groups of people. Its practitioners' noble intention is "to create machines that will best help people help themselves," writes one of its pioneers, Maja Mataric. The robots are already being used to help people on the autism spectrum, children with special needs and stroke patients who need physical rehabilitation.

But these robots do not look like people or interact with people in ways that reflect even basic aspects of society's diversity. As a sociologist who studies human-robot interaction, I believe that this problem is only going to get worse. So, to adapt the famous Twitter hashtag around the Oscars in 2015, why #robotssowhite?

Why robots tend to be white

Given the diversity of people they will be exposed to, why does Kaspar, designed to interact with children with autism, have rubber skin that resembles a white person's? Why are Nao, Pepper and iCub, robots used in schools and museums, clad with shiny, white plastic? In The Whiteness of AI, technology ethicist Stephen Cave and science communication researcher Kanta Dihal discuss racial bias in AI and robotics and note the preponderance of stock images online of robots with reflective white surfaces.

What is going on here?

One issue is what robots are already out there. Most robots are not developed from scratch but purchased by engineering labs for projects, adapted with custom software, and sometimes integrated with other technologies such as robot hands or skin. Robotics teams are therefore constrained by design choices that the original developers made (Aldebaran for Pepper, Italian Institute of Technology for iCub). These design choices tend to follow the clinical, clean look with shiny white plastic, similar to other technology products like the original iPod.

In a paper, I call this "the poverty of the engineered imaginary."

How society imagines robots

In anthropologist Lucy Suchman's classic book on human-machine interaction, which was updated with chapters on robotics, she discusses a "cultural imaginary" of what robots are supposed to look like. A cultural imaginary is what is shared through representations in texts, images and films, and which collectively shapes people's attitudes and perceptions. For robots, the cultural imaginary is derived from science fiction.

This cultural imaginary can be contrasted with the more practical concerns of how computer science and engineering teams view robot bodies, what Neda Atanasoski and Kalindi Vora call the "engineered imaginary." This is a hotly contested area in feminist science studies, with, for example, Jennifer Rhee's "The Robotic Imaginary" and Atanasoski and Vora's "Surrogate Humanity" critical of the gendered and racial assumptions that lead people to design service robots – designed to carry out mundane tasks – as female.

The cultural imaginary that enshrines robots as white, and in fact usually female, stretches back to European antiquity, along with an explosion of novels and films at the height of industrial modernity. From the first mention of the word "android" in Auguste Villiers de l'Isle-Adam's 1886 novel "The Future Eve," the introduction of the word "robot" in Karel Capek's 1920 play "Rossum's Universal Robots," and the robot Maria in the 1925 novel "Metropolis" by Thea von Harbou – the basis of her husband Fritz Lang's famous 1927 film of the same name – fictional robots were quick to be feminized and made servile.

Perhaps the prototype for this cultural imaginary lies in ancient Rome. A poem in Ovid's "Metamorphoses" (8 C.E.) describes a statue of Galatea "of snow-white ivory" that its creator Pygmalion falls in love with. Pygmalion prays to Aphrodite that Galatea come to life, and his wish is granted. There are numerous adaptations of the story, including one of the first special effects in cinema in Méliès' 1898 film. Paintings that depict this moment, for example by Raoux (1717), Regnault (1786), and Burne-Jones (1868-70 and 1878), accentuate the whiteness of Galatea's flesh.

The cultural imaginary that enshrines robots as white, and in fact usually female, stretches back to European antiquity, along with an explosion of novels and films at the height of industrial modernity

Interdisciplinary route

What can be done to counter this cultural legacy? After all, all human-machine interaction should be designed with diversity in mind, according to engineers Tahira Reid and James Gibert. But outside of Japan's Japanese-looking robots, robots designed to be non-white are rare. And Japan's robots tend to follow the subservient female gender stereotype.

The solution is not simply to encase machines in brown or black plastic. The problem goes deeper. The Bina48 "custom character robot" modeled on the head and shoulders of a millionaire's African American wife, Bina Aspen, is notable, but its speech and interactions are limited. Conversations between Bina48 and the African American artist Stephanie Dinkins is the basis of a video installation.

The absurdity of talking about racism with a disembodied animated head becomes apparent in one such conversation – it literally has no personal experience to speak of, yet its AI-powered answers refer to an unnamed person's experience of racism growing up. These are implanted memories, like the "memories" of the replicant androids in the "Blade Runner" movies.

Social science methods can help produce a more inclusive "engineered imaginary," as I discussed at Edinburgh's Being Human festival in November 2022. For example, working with Guy Hoffman, a roboticist from Cornell, and Caroline Yan Zheng, then a Ph.D. design student from Royal College of Art, we invited contributions for a publication titled Critical Perspectives on Affective Embodied Interaction.

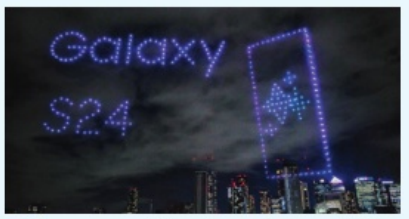
One of the persistent threads in that collaboration and other work is just how much people's bodies communicate to others through gesture and expression, as well as vocalization, and how this differs between cultures. In which case, making robots' appearance reflect the diversity of people who benefit from their presence is one thing, but what about diversifying forms of interaction? Along with making robots less universally white and female, social scientists, interaction designers and engineers can work together to produce more cross-cultural sensitivity in gestures and touch, for example.

Such work promises to make human-robot interaction less scary and uncanny, especially for people who need assistance from the new breeds of socially assistive robots.

Mark Paterson, University of Pittsburgh, The Conversation

BITS & BYTES

WHEN IN CHINA



Samsung will not use Galaxy AI features in its Galaxy S24 lineup in China and would instead rely upon Chinese tech giant Baidu's Ernie AI, owing to Google's limited presence in the country.

Ernie AI will offer the same Galaxy AI features based on Gemini foundational models, like AI-based real-time call translation, summarisation, and text format features on the Chinese version of the Galaxy S24 series, reports CNBC.

The Galaxy S24 phones will also get a Chinese version of Google's 'Circle to Search' feature. **IANS**

INTEL PLUNGES

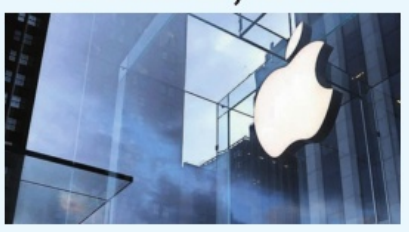
Intel slumped nearly 11% on Friday following a bleak first-quarter revenue outlook, as the chipmaker plays catch-up in the AI race, while also dealing with weak demand in the PC market.

Intel was set to lose over $22 billion in market value, if losses hold, based on its share price of $44.26 in morning trade. Its stock soared 90% in 2023.

The forecast from one of the largest suppliers of PC chips weighed on Nvidia, Advanced Micro Devices, Qualcomm and Micron Technology, which fell between 0.9% and 2.4%.

Analysts say that while plenty of businesses in the chip sector have been bullish lately, Intel becomes the exception on concerns that it is late to the competition in data center AI. **Reuters**

BE WARNED, APPLE



Apple faces strong action if changes to its App Store do not meet incoming European Union regulations, the bloc's industry chief said on Friday.

In a move designed to comply with the EU's incoming Digital Markets Act (DMA), the company will soon allow software developers to distribute their apps to Apple devices via alternative stores.

From early March, developers will be able to offer alternative app stores on iPhones and opt out of using Apple's in-app payment system, which charges commissions of up to 30%.

However, critics have said the changes do not go far enough. **Reuters**

METABOLISM ON YOUR PLATE

9 best metabolism-boosting foods to include in your diet

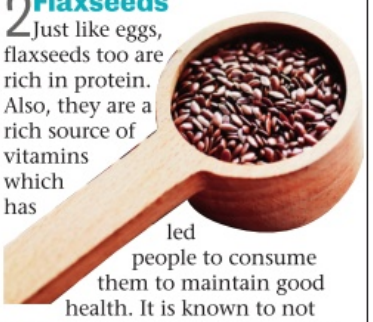
Weight issues are common. While leading a healthy lifestyle with the right nutrition can never be compromised upon, understanding how metabolism affects your body is crucial. Simply put, metabolism is the rate at which the body burns calories and also carries out other essential bodily functions.

Just like how each body is different, metabolism differs from person to person. Age and sex are also vital when we discuss metabolism. Experts have suggested that with advancing age, your metabolism rate declines. Thus, the importance of eating right is heightened. Let's take a look at metabolism boosting food items that go a long way.

1 Eggs

Eggs are wonder foods. Not only are they low on calories, but also rich in protein. Reports suggest that one hard-boiled egg contains 6.29 grams of protein. Once consumed, the body has to burn more calories to digest this as opposed to foods rich in fats or carbohydrates.
Tip: Have two boiled eggs every day to ensure that your metabolism is top-notch.

2 Flaxseeds



Just like eggs, flaxseeds too are rich in protein. Also, they are a rich source of vitamins which has led people to consume them to maintain good health. It is known to not only improve metabolism but also help with metabolic syndrome, which is a set of conditions that contribute to diabetes and cardiovascular disease.
That's not all; the fibre present in flaxseeds helps improve the gut's bacterial health, keeping obesity at bay.
Tip: Add a teaspoon of flaxseeds to your daily smoothies, and you are set for the day.

3 Milk, Yoghurt and Cottage Cheese

It is well-known that milk is a good source of calcium. Recent studies have suggested that when the body has enough calcium, it breaks down fat effectively. Yoghurt, on the other hand, is a probiotic and keeps your body cool. Cottage cheese is rich in protein, which, as mentioned above, helps in increasing metabolic rate.
Tip: These three are also great to keep your muscle health in check.

4 Ginger

Ginger is known to increase body temperature when consumed, thus boosting metabolic rate. Studies conducted show the condiment may help reduce weight and fasting glucose levels while increasing the "good cholesterol" in the body. Besides, it is known to possess anti-inflammatory properties, and in many cases, reduces nausea.
Tip: A variety of Indian dishes contain ginger for a certain level of spice. Adding just a bit to your meals can go a long way. You can also go for a ginger pickle.

5 Beans

No matter the kind, beans are a rich source of protein and amino acids, the building blocks of protein preserves muscle mass. Experts have established that any food item that maintains muscle mass is good for metabolism. Beans also give you a feeling of fullness, thus ensuring that you do not eat in between meals.
Tip: Adding beans and green leafy veggies to your diet is a good way of losing weight and ensuring it doesn't return.

6 Chilli Pepper

It is said that including spicy food items in your diet can affect your metabolism positively. An expert analysis concluded that capsaicin, an active compound found in chilli peppers, helps increase metabolic rate and also aids weight loss. However, to get the best results, you will have to consume peppers in their natural form. Supplements do not have the same benefits.
Tip: Not everyone can tolerate spice. Thus, if you do plan to begin consuming them, start by consuming less spicy peppers, and gradually build up.

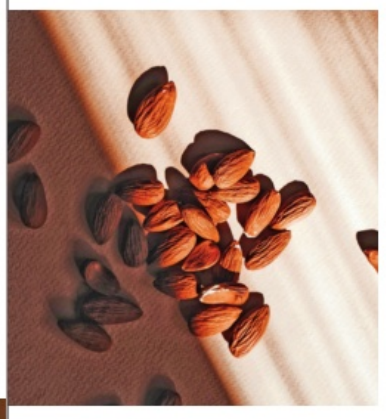
7 Green Tea and Coffee

This might come as a surprise, but as per a study conducted by an American organisation, consuming a combination of green tea and caffeine helps burn more calories. Green tea is rich in antioxidants and helps reduce weight. It also contains a plant compound called EGCG that burns fat. Coffee helps increase endurance and is a good energiser.
Tip: Despite its benefits with metabolism, it is advised that you limit your consumption of either or both to twice a day. Also, please note that decaffeinated coffee will not have the same benefits.

8 Broccoli

The presence of glucoraphanin in broccoli helps to "retune" metabolism. Also, it reduces fat levels. This vegetable (and a host of others) are known to slow down certain types of cancers.
Tip: This is a versatile veggie and can be eaten raw, steamed or roasted. You can even use broccoli stems to make a variety of dishes.

9 Brazil Nuts



Nuts are good for health in general, but when we talk of metabolism in particular, Brazil nuts are a food item you can swear by. They contain a mineral called selenium which increases metabolic rate.
The mineral is also essential for reproduction and the immune system.
Also, the mineral helps regulate the thyroid gland, which regulates metabolism and produces other vital hormones.
Finally, consuming these nuts can boost good cholesterol in your body.
Tip: You should be mindful of consuming these nuts in limited quantity as too much can lead to selenium toxicity. It is recommended that you do not take in more than 55 micrograms of selenium per day.

—Femina

Metabolism Slowing Foods

Packaged Foods
This is a no-brainer. If you are increasing your metabolic rate and leading a healthy lifestyle, packaged foods are an absolute no-no. Refined grains contain empty calories, lack nutrition and also heighten the body's sugar levels.

Aerated Drinks and Juices
Aerated drinks are loaded with added sugar which is harmful for your body and slow the metabolism down. If you are consuming these drinks regularly, you are going to develop acidity issues sooner or later. To talk of juices, yes, you have the option of not adding extra sugar to a freshly squeezed juice, but juicing strips the fibre content of the fruit. Juicing can stimulate your hunger, and you may be tempted to eat or drink something else, soon after you have had a glass of juice.

Alcohol
No harm in drinking a glass of wine once in a blue moon, but if wine or beer is your poison, you may have to change your habits drastically. These drinks contain unnecessary calories and negatively affect blood sugar levels. Heavy drinking is found to be linked to obesity.

Granola
It is assumed that granola is a healthy snack when you are looking at maintaining a certain weight. However, you may want to look closer and choose only a certain type. Pick ones made with whole grains, nuts, and a limited amount of dried fruit, as these contribute to excess sugar and oils.

All you need to know about...

Toxic metal effect

Fewer eggs as women approach menopause
Middle-aged women who are exposed to toxic metals may have fewer eggs in their ovaries as they approach menopause, according to new research.

Health issues
Diminished ovarian reserve is when women have fewer eggs compared to others their age. The condition may be linked to health problems such as hot flashes, weak bones and a higher chance of heart disease, said the researchers in the paper published in The Journal of Clinical Endocrinology & Metabolism.

Menopausal symptoms
Menopause is a normal part of the ageing process a woman goes through that causes her monthly periods to end.
The menopausal transition includes the years leading up to that point, when women may experience symptoms such as changes in their monthly cycles, hot flashes or night sweats.
The menopausal transition most often begins between the ages 45 and 55 and usually lasts about seven years.

Metals found in air, food, water
Studies have linked heavy metals measured in urine with women's reproductive ageing and diminished ovarian reserve. Heavy metals such as arsenic, cadmium, mercury and lead are commonly found in our drinking water, air pollution and food contamination and are considered endocrine-disrupting chemicals.
"Widespread exposure to toxins in heavy metals may have a big impact on health problems linked to earlier ageing of the ovaries in middle-aged women, such as hot flashes, bone weakening and osteoporosis, higher chances of heart disease and cognitive decline," said Sung Kyun Park, of the University of Michigan in Ann Arbor, US.

—IANS

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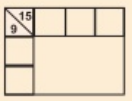
@BangaloreMirror

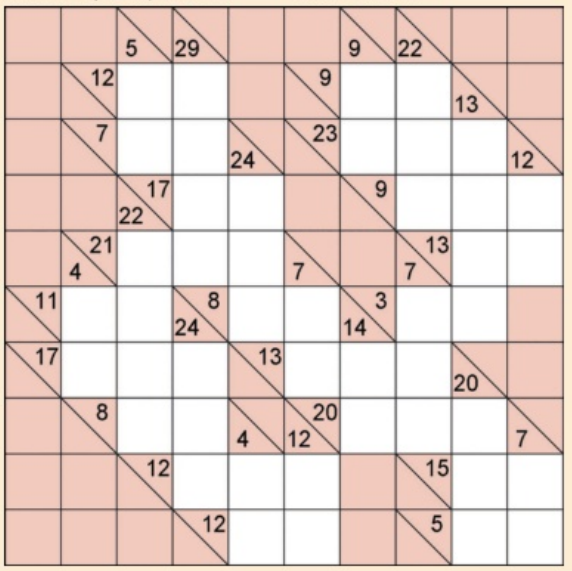
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

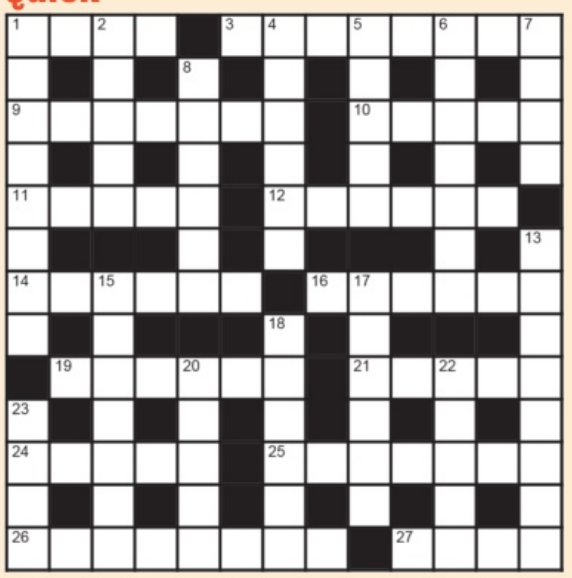


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Stop marching! (4)
3 Fall to pieces (8)
9 Error (7)
10 Lag behind (5)
11 Cuts with an axe (5)
12 Car safety device (3,3)
14 Unused tobacco left in pipe (6)
16 Gave consent (6)
19 Tiny bit of food (6)
21 Authoritative doctrine (5)
24 Unsophisticated (5)
25 Pasta squares (7)
26 Betting (8)
27 Gusto (4)

DOWN

1 Assassination, killing or murder (8)
2 Cowboy's rope (5)
4 Unidirectional (3,3)
5 Not now, afterwards (5)
6 Calm down (7)
7 Long fishes (4)
8 Gretel's kin (6)
13 Visionary (8)
15 Chiselling stone (7)
17 Karnataka Lake home to a bird sanctuary (6)
18 A former gold coin of Europe (6)
20 Lance, javelin (5)
22 A silly bird (5)
23 Was aware of? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS O

QGG KYAX EYHC WVPUCAPCW RVQE TCACMGPVQX VA GMW-CM QG UMYNQVNC NEYMVQX.

Linemaro

Di

Mindchow

Failure is simply the opportunity to begin again, this time more intelligently

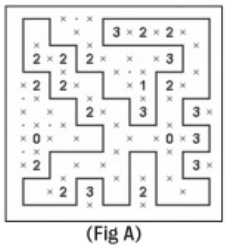
Joke of the day

At the airport, they asked what I did because I looked like a terrorist. I said I was a comedian. They said, "Say something funny then." I told them I had just graduated from flying school

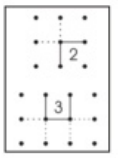
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

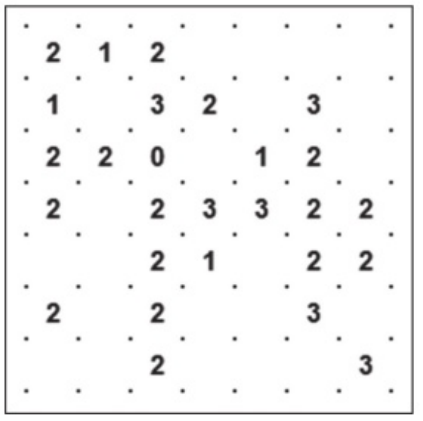


(Fig B) Not Allowed

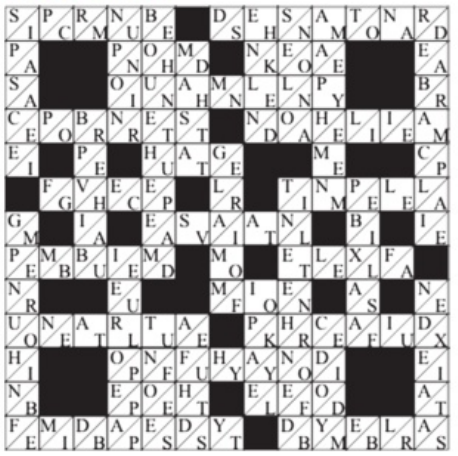
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



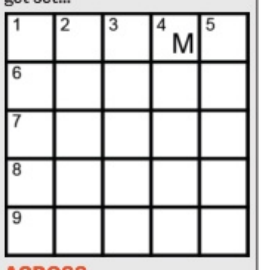
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Mr Cap; 6 Lam he;
7 A Nasa; 8 Ranis;
9 A hymn

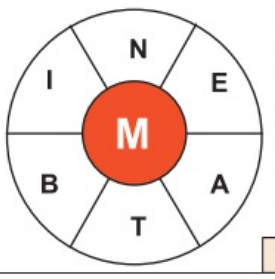
DOWN

1 March; 2 Sayer;
3 Mania; 4 Annam;
5 Ha LPs

Mensapuzzle

Find the starting point and work clockwise roun each circle to find two types of flower, each eight letters long. You have to provide the missing letters

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

16 Average; **18** Good; **20** Outstanding

SudokuChallenge

9						4		
	3				7		2	
				5			3	9
		3	4	8		1	6	
	9						4	
	7	4		3	1	5		
7	4			9				
	1		2				8	
		8						1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 3

1 2 4 4

Medium = 5

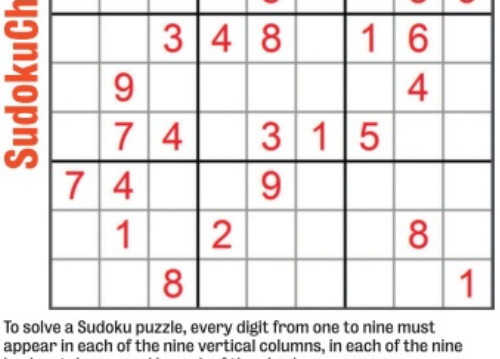
3 3 4 9

Hard = 31

5 9 9 8

Hocusfocus

Find at least six differences in details between panels.



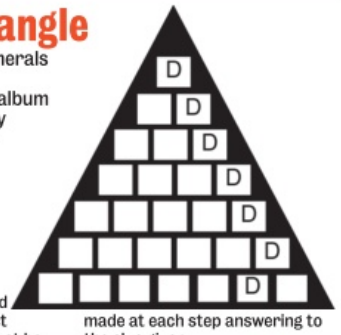
Differences: 1. Pan is smaller. 2. Towel is moved. 3. Finger is moved. 4. Table leg is missing. 5. Curtain is longer. 6. Mouth is different.

Riddler

What 8 letter word has KST in the middle, in the beginning, and at the end?

Alpha triangle

1 500 in Roman numerals
2 Anno Domini
3 Michael Jackson album
4 Element of rosary
5 on : founded on ?
6 Struck heavily
7 Decapitates

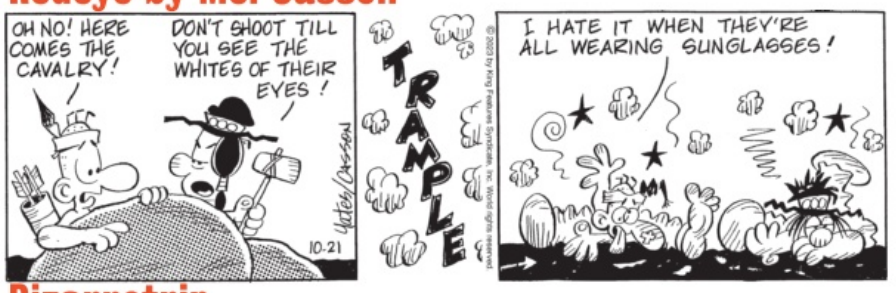


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

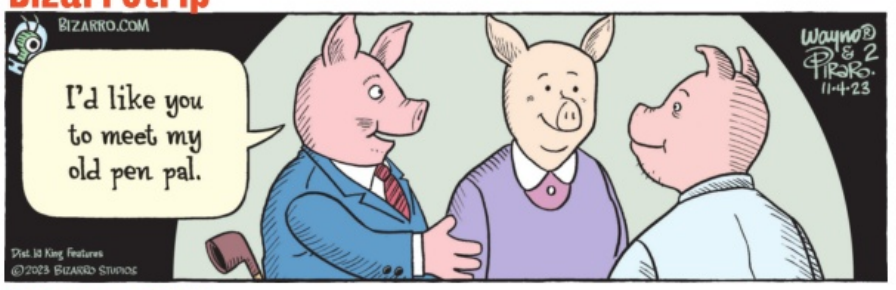
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson


OH NO! HERE COMES THE CAVALRY!
DON'T SHOOT TILL YOU SEE THE WHITES OF THEIR EYES!
10-21
TRAMPLE
I HATE IT WHEN THEY'RE ALL WEARING SUNGLASSES!

Bizarrotrip



Diamond Lil

I'M REALLY DEPRESSED NOW THAT HALLOWEEN IS OVER
OH, BOO-HOO
HEY, AT LEAST YOU HAVE SOMETHING TO LOOK FORWARD TO!
©2023 creators.com 11/4
www.creators.com

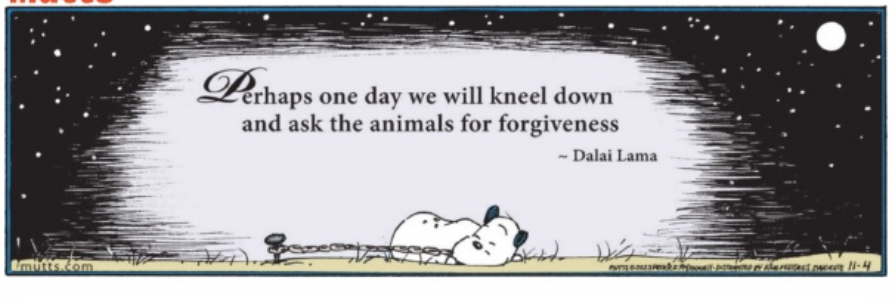
Hart of the city

WE'RE IN THE LEAD!! ONLY ONE MORE QUESTION AND WE WIN!!
TEAM
YELLOW 95
RED 93
BLUE 80
OH, NO.
FINAL QUESTION
WHICH AIR JORDAN SHOE WAS THE FIRST TO DISPLAY THE JUMPMAN LOGO?
ANSWER
11/4
THIS WASN'T IN ANY OF MY ENCYCLOPEDIAS!
BUT IT IS IN MINE.
FINAL QUESTION
WHICH AIR JORDAN HOE WAS THE FIRST TO DISPLAY THE JUMPMAN LOGO?
ANSWER
Air Jordan III (1988)

Crankshaft

I WONDER WHAT THAT'S ALL ABOUT?
11-4
THAT'S ME! I'M LIVE-STREAMING MY APPEARANCE HERE TONIGHT!
PIZZA
HOLLY, LOOK AT THIS! SOMEONE'S POSTED DRONE VIDEO OF THE PIZZA MONSTER!
BATLIK & DAVIS tombatiuk.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon; it may make you happy. You may be busy at work. You are likely to increase your network in terms of work. With the help of elders' blessings, you will implement new plans into your work for success in the near future. You may plan to visit a close relative or party with friends.

Taurus Apr 21 – May 20
Today, there may be a dull feeling in you, which may make you sensitive and emotional. You may have some health-related issues as well. It is advised to avoid rash driving. You are advised to keep an eye on hidden enemies and opponents; you might be a victim of a conspiracy. It is advised for lovebirds to keep their patience and avoid making arguments on worthless topics.

Gemini May 21 – Jun 21
Today, you may try to analyse yourself and figure out your mistakes. Self-analysis will boost confidence at work. In partnerships, disputed matters are likely to be resolved. Warmness with the spouse is likely to improve. Students may make quick decisions in terms of their career. Singles may find a good match, luckily.

Cancer Jun 22 – July 23
Today, with the blessings of the moon, you may have happiness around you. Projects that were stopped now will come back on track. Relationships with the spouse may be stronger. You may perform well at work. Singles are likely to find a soul mate. Lovebirds may make plans to convert the relationship into marriage. You may get promotions in your job.

Leo Jul 24 – Aug 23
Today, with the help of blessings from elders, you may become confident. Your working efficiency may increase. You can start new innovations in terms of business and work. You are likely to make smart gains after a few investments. Opponents and rivals are now under control. You may help a needy person by giving money, which may increase your prestige.

Virgo Aug 24 – Sep 23
Today, things are mixed. You may be busy with kids. You may expect some short trips related to kids' academics. You will also enjoy your romantic moments. Couples may have good news in terms of new baby births. You may plan to go on an outing with family or friends as well. Natives on the job may plan for higher education to increase their skill set.

Libra Sep 24 – Oct 22
Today may be somehow disappointing; you may be impatient, and you may not be able to focus on your goals. Investments in fixed assets should be postponed for a while. It is advised to take care of your parents' health.

Scorpio Oct 23 – Nov 22
Today, you may feel energetic and courageous, and you are likely to buy some important household stuff for your home or office. Your inner strength is likely to be helpful in completing your projects before the deadline. Disputes with the siblings are likely to be resolved. There may also be some short trips related to work, which will increase your network.

Sagittarius Nov 23 – Dec 22
Today, time is favourable. You may be able to control your expenditures. Your savings are likely to increase. You may be busy at home. You may bring some artefacts to your home. You may also plan to renovate your office. There is an atmosphere of joy and happiness in the family. Lovebirds are likely to plan to get married. Singles may get a soul match. Kids will perform well.

Capricorn Dec 23 – Jan 20
Today, things are now under control; you may feel some new energy, which may give you confidence. You are likely to find a new way, which may tend you towards success at work. Parental business may reach new heights. A chronic illness is likely to be cured. You may also plan for an overseas trip.

Aquarius Jan 21 – Feb 19
Today, there may be a dull feeling in you, which may make you upset and impatient. You are likely to face some health-related issues. It is advised to avoid rush-hour driving and adventure tours. You are advised to keep an eye on hidden enemies and opponents; you might be a victim of a conspiracy. You should avoid making any arguments.

Pisces Feb 20 – Mar 20
Today may be good for your professional life. This is a time when you may be busy in your professional and job front. You may become passionate about your work, which may give you mental fatigue. You may not be able to get together in time for family or social get-togethers. Your spouse may support you to maintain domestic harmony.

KIDZONE

Niharika Sheth, 7 years, Greenwood High School

Nithyashree KL, 13 years, Asian International Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=7−8×(−1)÷(−4)
=7(−8)×1/4
=7−2
=5

RIDDLER
Inkstand. KST in the middle, IN (is) the beginning, AND (is) at the end.

QUOTE UNCODE
Too many have dispensed with generosity in order to practice charity.

FAST FIVE

C	R	A	M	P
H	E	M	A	L
A	S	A	N	A
R	A	I	N	S
M	Y	N	A	H

STRIKE OUT

E	M	B	A	S	S	Y	■	D	Y	E	R	S	■	■
N	■	P	O	T	■	L	E	D	■	T	■	■	■	■
I	■	O	F	H	A	N	D	■	■	I	■	■	■	■
U	N	T	R	U	E	■	P	R	E	F	I	X	■	■
N	■	U	■	M	O	E	■	A	■	E	■	■	■	■
E	M	B	E	D	■	T	E	L	A	■	■	■	■	■
G	■	A	■	I	■	A	■	■	■	■	■	■	■	■
■	G	H	E	■	I	M	P	E	L	■	■	■	■	■
E	■	H	A	G	■	E	■	■	■	C	■	■	■	■
C	O	R	N	E	T	■	D	A	H	L	I	A	■	■
A	■	I	N	A	N	E	L	Y	■	B	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

QUICK

W	A	G	E	R	I	N	G	■	Z	E	S	T	■	■
E	■	N	■	A	■	I	■	S	■	S	■	■	■	■
K	■	L	■	P	■	O	■	A	■	O	■	L	■	■
M	O	R	S	E	L	■	D	O	G	M	A	■	■	■
E	■	O	■	F	■	U	■	■	■	E	■	■	■	■
D	O	T	T	L	E	■	A	G	R	E	E	D	■	■
I	■	■	■	E	■	Y	■	■	■	T	■	I	■	■
C	H	O	P	S	■	A	I	R	B	A	G	■	■	■
I	■	S	■	N	■	W	■	E	■	C	■	S	■	■
M	I	S	T	A	K	E	■	T	R	A	I	L	■	■
O	■	A	■	H	■	N	■	A	■	L	■	E	■	■
H	A	L	T	■	C	O	L	L	A	P	S	E	■	■

MENSA PUZZLE
GERANIUM, DAFFODIL

BULL'S EYE
AMBIENT, amen, beam, emit, inmate, item, main, mane, mate, mean, meant, meat, mien, mine, mint, mite, name, tame, team, time

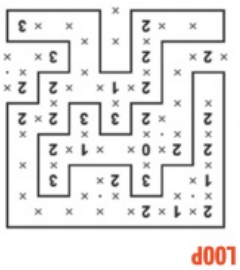
SUDOKU

9	8	7	3	6	2	4	1	5
4	3	5	9	1	7	8	2	6
1	6	2	8	5	4	7	3	9
2	5	3	4	8	9	1	6	7
6	9	1	7	2	5	3	4	8
8	7	4	6	3	1	5	9	2
7	4	6	1	9	8	2	5	3
5	1	9	2	7	3	6	8	4
3	2	8	5	4	6	9	7	1

ALPHA TRIANGLE
9, AD, Bad, Based, Based, Bashed, Beheads.

GO FIGURE
Easy
4 + 2 + 1 − 4 = 3
Medium
3 + 9 − 4 − 3 = 5
Hard
5 + 8 + 9 + 6 = 31

LOOP



KAKURO

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Chris Pratt to lead sci-fi thriller 'Mercy'—
Hollywood star Chris Pratt is set to headline "Mercy", an upcoming sci-fi thriller from Amazon MGM Studios. The project will be directed by Timur Bekmambetov

Better together

Yami talks about all she learned from co-star

Yami Gautam will be seen sharing screen space with actress Priya Mani in 'Article 370'. The actress said that the two learned a lot from each other while working in the upcoming film.

Yami said: "Playing the role of an intelligence officer in Article 370 was truly challenging, it pushed me to explore new facets of my acting abilities. The film has many intense action sequences which demand physical and mental preparation, making it a thrilling yet demanding experience."

"Being part of this genre-defining project allowed me to contribute to telling a first-of-its-kind story, shedding light on the historical events surrounding the subject and its intricate complexities. Working with Priya Mani in the film was a great experience. We both have different working styles and there is a lot that we both learned from each other while filming for this film."

The upcoming action political drama showcases Yami who plays an intelligence officer along with Priya Mani who essays the role of a PMO bureaucrat.

Priya Mani added: "Article 370 is beautifully nuanced film and it was not just about portraying a character; it was about playing a strong, resilient female figure. My character has many layers and it gave me an opportunity to showcase the strength and determination of women in positions of power." Priya Mani said that the film reveals the remarkable journey of individuals who played crucial roles in shaping our nation's history.

—IANS

Second chance

Gulshan Devaiah has decided to give his marriage with Kalliroi Tziafeta another try in 2024. The couple is focused on rebuilding their after going through a period of separation. According to the actor, the time apart was crucial, teaching them valuable lessons on how to navigate challenges more effectively.

Devaiah while talking to Hindustan Times emphasizes that despite the difficulties they faced initially, the love between them is still strong.

The circumstances have changed, and both individuals have grown personally. Devaiah believes that the separation allowed them to become better versions of themselves.

Reflecting on his personal growth, the 45-year-old actor shares that he now understands himself better, has become more secure both personally and professionally, improved communication skills, and developed greater patience.

As for the current status of their relationship, Devaiah reveals that they are taking it one day at a time. They have started dating again, focusing on enjoying moments together without overthinking the future. To maintain a healthy work-life balance, they have established certain boundaries, such as avoiding work-related calls or texts before 9 am and after 7 pm. Sundays are designated as no-work-talk days."

—ETimes

Nail-biting thriller

CASE OF KONDANA

3.0 RATING | ★★★☆☆

- **DIRECTOR** Deviprasad Shetty
- **ACTORS** Vijay Raghavendra, Kushee Ravi, Bhavana Menon, Rangayana Raghu, Bala Rajwadi
- **CERTIFICATION** U/A
- **Duration** 145 minutes

Director Deviprasad Shetty has once again proved his mettle in helming thrillers. Before this, Shetty handled the megaphone for Seetharam Benoy Case No. 18 in which Vijay Raghavendra played the lead. The specialty of Case of Kondana is Vijay Raghavendra's talent.

The movie opens with Raju, a pani puri seller, bringing his son Basanth for a checkup at a hospital where a concerned doctor (Kushee Ravi) advises him to visit another hospital as the hospital where she works is not equipped with required facilities. The scene shifts to Assistant Commissioner of Police (ACP) office where Wilson (Vijay Raghavendra) is supposed to join duty as an assistant sub-inspector. ACP Lakshmi (Bhavana Menon) is busy with a probe into mysterious killings that took place in her jurisdiction.

Meanwhile, Wilson thrashes a rowdy for misbehaving with his colleagues. The rowdy wants to teach Wilson a lesson. The rowdy's brother is shot dead by ACP Lakshmi. Raju finds Wilson lying unconscious in his car. What happens to Wilson and Raju is what the film is all about.

Vijay Raghavendra is at his best. He is very good in scenes such as emotion, romance, crime and action. His performance has the potential to keep audiences on the edge of their seats. Though Kushee Ravi makes a brief appearance, she is good as a doctor concerned about the welfare of the poor. Bhavana Menon, Rangayana Raghu, Bala Rajwadi, Sunder Raj provide good support.

There are some scenes loaded with emotion, and brutality. The scene where Raju's wife pleads with Vijay Raghavendra to nab the criminal responsible for her husband's death and also of her son who died as he did not get treatment on time. She pleads with him to giver her a chance to meet so she can ask him why he ruined her family.

All in all, it is worth a watch for all audiences.

—Y Maheswara Reddy

This cop means business

ALEXA

2.5 RATING | ★★½☆☆

- **DIRECTOR** Jeeva LJ
- **ACTORS** Aditi Prabhudeva, Pavan Teja, Hanumanthe Gowda, Chandrakala Mohan, Meghashree
- **CERTIFICATION** U/A
- **Duration** 138 minutes

With this film, director Jeeva has tried to narrate how some greedy people go to any extent to achieve personal goals. Jeeva has succeeded in showcasing the talent of Aditi Prabhudeva who got an opportunity to play the role of a cop for the first time in her career.

The movie begins with the police department deciding to hand over the death case of Chethan (Nagarjuna Balappa) and Megha (Meghashree) to Alexa (Aditi), a police officer known for investigating such cases. Chethan and Megha are relatives of Kantaraju (Hanumanthe Gowda), a minister. Alexa begins the probe with the help of a few efficient officers. At this juncture, the director introduces a flashback showing how Chethan misbehaved with Alexa during college days and how Chethan's friend Sri Hari (Pavan Teja) created havoc at her house for embarrassing Chethan in public.

While probing the case, Alexa comes to know about the connection between Sanjay (Nuthan Kannaiah) and Megha and how Sanjay tried to cross the limits of decency and how she tried to avoid him. What happens to Sanjay and who is responsible for the killings is what Alexa is all about.

Aditi Prabhudeva looks beautiful in song sequences and active in action scenes. She has used the opportunity to act in action scenes. Credit must go to stunt masters Ravi Varma and Mass Mada. Varun Tej has acted well in romance and action scenes. Nuthan Kannaiah, as a villain, is convincing. Mimicry Gopi, Hanumanthe Gowda, Nagarjuna Balappa and Chandrakala Mohan provide good support.

The drawback of the movie is lack of comedy.

It is worth a watch if you want to see Aditi in a different avatar.

—Y Maheswara Reddy